

BOSU Ball Workout

Time: 30 minutes

Push-Up: Switch the BOSU ball around so that the hemisphere is on the ground and the flat platform is facing up. With your wrists underneath your shoulders, place your hands on the outside rim of the platform in push-up/plank position. Spread your feet apart about 12 inches to give yourself more stability and make this exercise easier. Engage your core and slowly lower your body down to the BOSU so that your chest touches it, then drive back up to the starting position.



Side Forearm Plank: Set the BOSU ball down with the flat side on the ground. Place one forearm on the BOSU ball and extend your feet out so that you are lying on your side. Tighten your core and lift up into a side bridge/plank. Pulse up and down at the top or hold statically for 30 seconds or more to feel the burn.



One-Legged Bridge: With the flat side down on the ground, lie on your back and place one foot firmly on the BOSU with your knee bent. The other leg should point straight out at a 45-degree angle and in line with the planted leg's thigh. Squeeze your glutes and thrust your hips up to the sky. Hold, then slowly lower back down.



Mountain Climber: Place the BOSU ball down with the flat side facing up. Start in the push-up position on top of the flat platform with your hands underneath your shoulders and your feet behind you. While keeping your hands in place, drive one knee up toward your chest, then bring it back down to meet the other one. Quickly alternate with the other side and continue alternating for at least 30 seconds.



Front Lunge: Place the BOSU ball with the flat side on the ground. Stand behind the BOSU ball and step onto it with one leg. This will feel funny because the BOSU will give way a bit. Slowly lower down into a lunge, keeping your knee behind your foot. Push through your front leg and drive off the BOSU to stand back up and repeat on the other side.



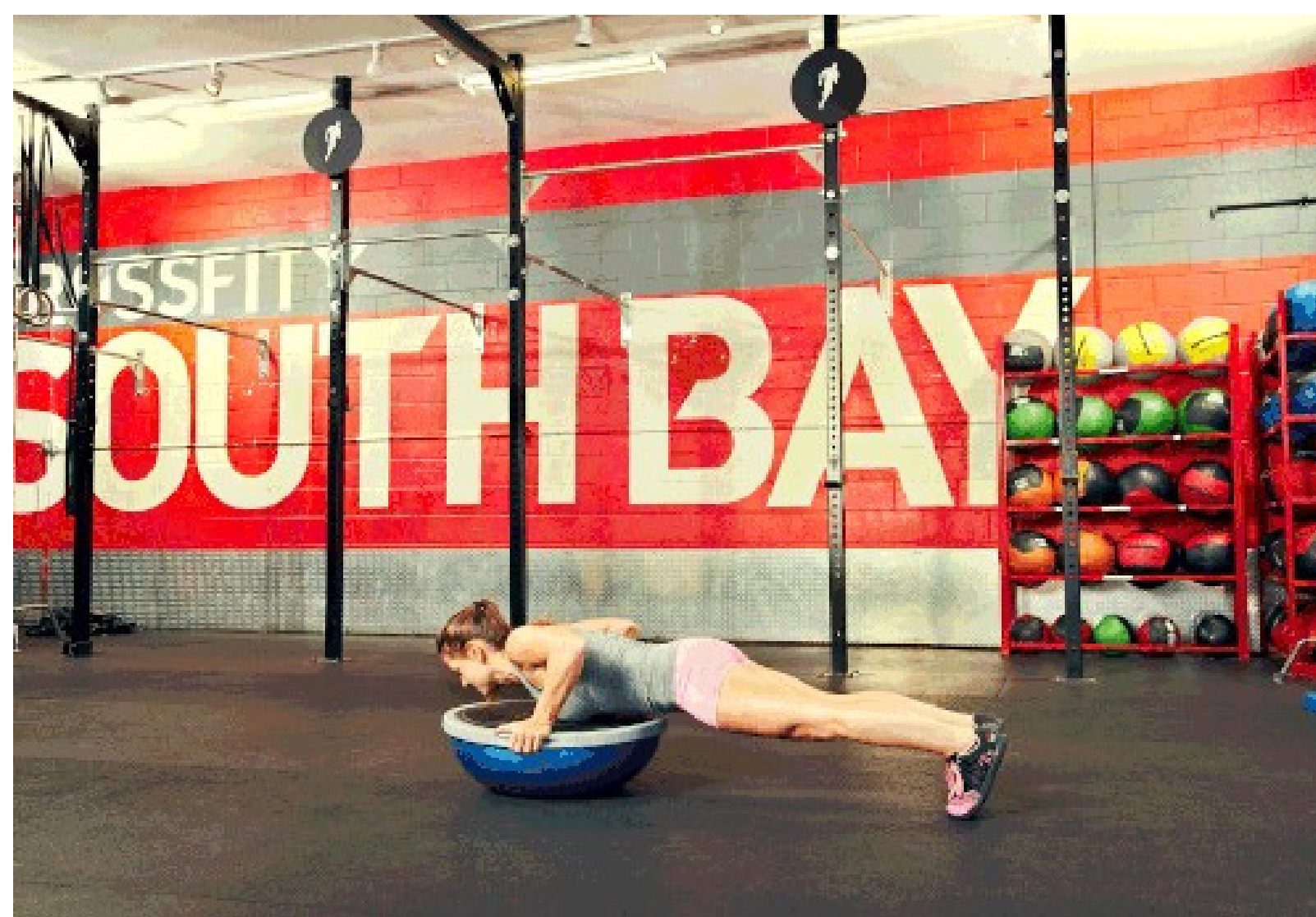
Single-Leg Romanian Deadlift: Place the BOSU with the platform side down. Stand on the BOSU on one leg with a slight bend in the knee. Bend at the hip and extend your free leg behind you for balance. Lower your upper body until it's parallel to the ground. Then return to the upright position slowly and with control. Make sure to keep your hips in a steady position without letting them sway to one side. To make this more difficult, you can hold a dumbbell or kettlebell in the opposite hand of the leg that is standing.



Single-Leg Plank: Place the flat platform on the floor and place your forearms on top of the BOSU ball. Step your legs back into a plank position. Lift one leg off the ground and hold in a static position. Your core should be tight so that you don't let your stomach or hips droop. Hold for at least 30 seconds.



BOSU Burpee: Stand holding the BOSU ball in your hands with the flat side facing your body. Bend at the waist and slightly bend your knees as you place the BOSU on the ground. Making sure that your hands are secure, jump back into a push-up. Perform a full push-up (or skip for an easier variation). Keep your core tight and jump your feet back to the BOSU ball and stand up. Raise the BOSU up to the sky and repeat.



Side Lunges: Stand with your feet underneath your shoulders and a BOSU ball next to you. Step out to the side onto the BOSU ball so that one foot is on the ground and the other is on the BOSU. Your feet should be parallel to one another. Send your butt back as you descend into a side lunge with all of your weight on your lunging leg.

Squeeze the glutes and drive back up to return to standing.

