Bosu Balanstrainer
Home Edition

Oefeningen
All Body Workout.
Train with the BOSU to build total body strength and stability.
Perform this circuit 01-03 times, each time doing between 10-15 reps or 30 seconds per exercise.

- Start Position
- End Position
Push Up - Hands on Base

Grip the BOSU by the handles around the rim, keep the body straight and perform a push up. Take your chest to the BOSU and then extend the elbows fully. 
Reps: 12
Sets: 3

Push Up

Place one hand on the BOSU and one on the floor; perform a full push up. 
Reps: 12
Sets: 3

Lunge

Place one foot on the BOSU; keep the chest up and spine in neutral. Drop the back knee down to the foot into a lunge position. 
Reps: 12
Sets: 3

Side Lunge

With the BOSU to the side of you; place one foot on; sit back on the hips and perform a side lunge keeping the other leg straight. 
Reps: 12
Sets: 3

Twisting Crunch

Lying over the BOSU with hand supporting the head; curl up into a crunch and twist to the side. 
Reps: 12
Sets: 3

Squat

Stand on the BOSU, keep the chest up and a neutral spine; perform a squat. 
Reps: 12
Sets: 3
V-Sit

- Sit on the BOSU, stretch out the legs and then bring the feet towards the chest and touch with your hands.
- Reps: 12
- Sets: 3

Medicine Ball Lunge with Rotation

- Place one foot on the BOSU, keep the chest up and spine in neutral.
- Drop the back knee down to the foot into a lunge position. Keeping the arm's straight take the medicine ball from side to side.
- Reps: 12
- Sets: 3

Dumbbell Chest Press

- With your upper back on the BOSU and keeping the hips up, perform a pressing movement with the dumbbells.
- Reps: 12
- Sets: 3

Reaction Medicine Ball Pass

- Throw the medicine ball at the BOSU and react to its return and catch it.
- Play for 1 minute.