

BOSU Exercise Sheet



Pulling your belly button in towards your spine, slowly extend your opposite arm and leg 10x on both sides.



Lower your legs towards the floor and then raise them back up as high as you can 12x. Keep your legs as straight as possible. (Add a weighted ball to make the exercise harder if you like).



Hold a ball, a bag of flour or anything you have in the home in front of you as you squat down as low as possible 10x. Lower the object as you stand back up.



Start in a lunged position with one foot on the floor behind you and one foot on the BOSU. Power your leg up in front of you whilst balancing your weight on the BOSU, then return your leg back to your starting position 10x on both legs.



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your feet forwards so you are squatted in front of the BOSU and then pick it up and raise it as high as you can above your head. Lower back to the floor and then jump or walk your legs back to your starting position and repeat 10x in total.



Stand half squatted with one foot on and one foot off the BOSU. Step across onto and then take one foot off to the other side. Move 10x to either side.

REPEAT ALL EXERCISES ONCE MORE