

# BOSU BALANCE TRAINER

EQUIPMENT PRESENTATION BY JENNY LIMA AND JENNIFER BERRETT

## BOSU Balance Trainer

Made by BOSU, can be purchased from the website BOSU.com or other websites such as EBAY, Amazon, Target, and Dicks Sporting Goods.

There are a few different models priced between \$85.95-\$149.95 depending on the size and durability.

### BOSU: BOTH SIDES UTILIZED

The BOSU Balance Trainer is a versatile piece of equipment which can be used for mild, moderate, or intense training. Multiple exercises can be performed, and it can be utilized to work most areas of the body. The BOSU Balance Trainer is a portable and inexpensive unit that can be used for cardio exercises, strength training, and core stability. Because the BOSU Balance Trainer is an unstable surface, exercises performed with it will not only work the target area, but also engage the stabilizing muscles of the body. Some examples of BOSU exercises that target the core are crunches, superman, boat pose, and planks.



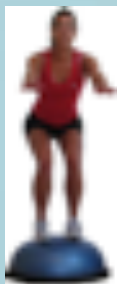
Indications for use: Decreased strength, balance reactions, coordination, endurance, proprioception, and cardiovascular fitness.

Contraindications and precautions: Dizziness, increased pain, cardiovascular distress, DJD, injury precautions and weight bearing status of user.

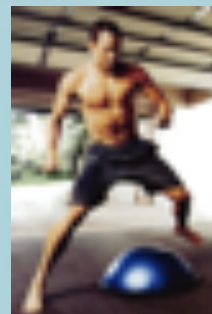
**Caution:** only use the Bosu if you are able to safely perform the exercises on a stable surface first.



UPPER BODY: Plank, push ups, dips



LOWER BODY: Ankle rolls, squats, lunges, hop squats, bridge, hip extensions,



CARDIO: Lateral agility drill, burpee jump, mountain climber