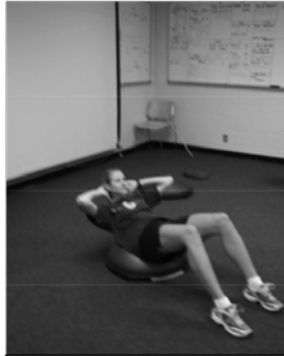




## BOSU Core Stabilizing Exercises



**BOSU Ball Bridging:**  
can also be done with 2 legs. Raise pelvis off ground and roll foot forward (plantarflex)



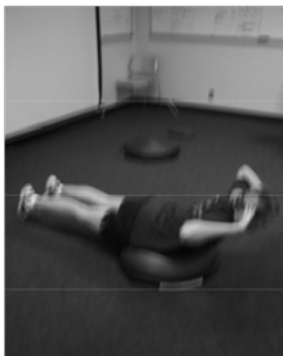
**BOSU Crunch:** lift shoulders up off ground and then back down. Resistance can be added with T-Band.



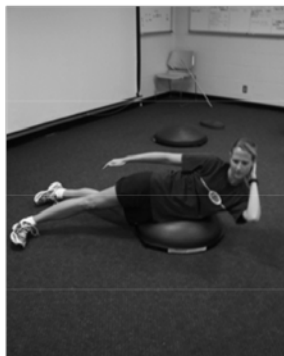
**BOSU V Crunch:**  
You can hold their feet if too difficult



**BOSU Squat and Balance on knee:**  
with. Can add ball reaches or ball throws one hand or two (2 legs, 1leg)



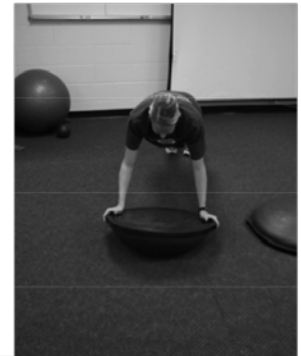
**Back Extension on BOSU:** Can do with just raising trunk or both trunk and legs. Can also do alternate arm and leg.



**Side Lateral Flexion on BOSU:**



**Front and back rock of BOSU in push up position.** With both feet on floor or one foot.





## BOSU Lower Extremity

### Soft side up Exercises



Hamstring Deadlift (2 legs, 1leg)



Lateral step Ups



Forward and backwards step ups on BOSU



Standing Marches



1 or 2 Leg Balance with deep squat and hold  
To increase difficulty add perturbation/ ball reaches/ tosses.



2 or 1 Leg Balance and jump off with two feet landing in squat position, or on one foot in squat position.





## BOSU Lower Extremity Soft side up Exercises



Four Point Touch on 1 Leg: You can also perform on hard side to increase difficulty.



Squat & Balance  
with perturbation/ ball  
toss



Run and jump on BOSU landing on 1 or feet 2.



**Hard Surface = more difficult**



## BOSU Upper Extremity



In push up position, rock BOSU frontwards and backwards



In push up position, rock BOSU side to side.



In push up position, step up side to side on BOSU/ can also step up in forward.

