



BOSU Core Stabilizing Exercises



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



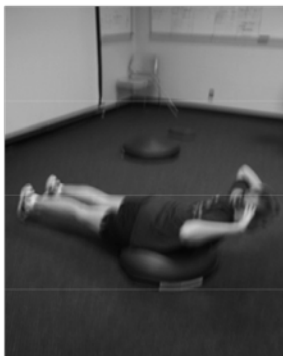
BOSU Crunch: lift shoulders up off ground and then back down.
Resistance can be added with T-Band.



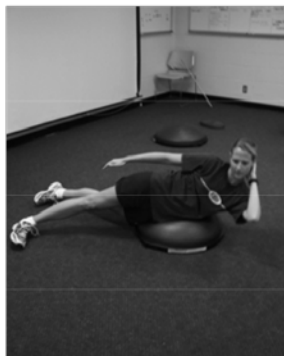
BOSU V Crunch:
You can hold their feet if too difficult



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



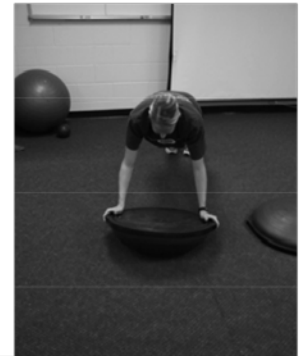
Back Extension on BOSU: Can do with just raising trunk or both trunk and legs.
Can also do alternate arm and leg.



Side Lateral Flexion on BOSU:



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



Courtesy of Vanderbilt Sports Medicine