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, 1 leg)

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