CORE

Equipment: BOSU

Time:
1 set: 12 min
2 sets: 24 min
3 sets: 36 min

BOSU Crunches
- Lay flat on the ball with hips towards the lower end of the ball
- Exhale and contract abdominal muscles as upper body lifts up
- Keep eyes on the ceiling throughout the movement
- Return to starting position

Sets: 1-3 Rep: 10-15

BOSU V-Crunches
- Sit on the center of the ball
- Lean back and place hands behind hips
- Lift legs
- Exhale and bring upper body and knees to the center
- Return to starting position

Sets: 1-3 Rep: 10-15

BOSU Side Crunches
- Lay sideways on the ball with hips towards the lower end of the ball
- Knees should be resting on the floor
- Exhale and contract oblique muscles as upper body lifts up
- Return to starting position

Sets: 1-3 Rep: 10-15
**CORE**

**BOSU Hip Raises**
- Lay flat on the floor with knees bent and both feet on the center of the ball.
- Place arms straight and slightly wider than shoulder-width for support.
- Exhale and squeeze hip muscles upward to maximum contraction.
- Return to starting position.

Sets: 1-3 Rep: 10-15

**BOSU Upper Body Extensions**
- Lay on the ball on stomach with hips towards the lower end of the ball.
- Legs can be either straight or knees resting on the floor.
- Exhale and slowly lift arms and upper body up.
- Return to starting position.

Sets: 1-3 Rep: 10-15

**BOSU Hard Shell High Plank**
- Flip BOSU ball on soft shell.
- Grab rims while kneeling before the ball.
- Exhale and lift body to a straight plank position.
- Breath and hold core.

Sets: 1-3 Rep: 30-60 seconds
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