



FULL BODY

Equipment: Dumbbells, Ball, BOSU®.

Time: 1set: 16 min, 2sets: 32 min, 3sets: 48

ADVANCED

STRETCH



Squats on BOSU®

* May require assistance

- Firmly place one foot on the soft side of BOSU® ball*
- Carefully place second foot hip width apart*
- Keep a natural upright posture
- Carefully squat down until hips almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



Lunges on BOSU®

- Place one foot on center of BOSU®
- Keep back in an upright posture throughout the exercise
- Lower body until both knees are 90°
- Stretch

Sets: 1-3 Rep: 10-15



Close-Grip Push Up on BOSU®

- Place both hands on center of BOSU®
- Keep body straight throughout the exercise
- Carefully lower body until elbows are 90°
- Stretch

Sets: 1-3 Rep: 10-15



Standing Overhead Dumbbell Press

- Start with weight at head level (elbows about 90°)
- Keep back straight throughout the exercise
- Press up until arms are fully extended
- Stretch

Sets: 1-3 Rep: 10-15





STRETCH



Pullover on Ball

* May require assistance

- Place weight in hands*
- Lay back and rest ball behind shoulders and head
- Extend arms straight in front of chest
- While keeping arms straight, bring weight back until slightly past head
- Exhale and pullover to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Hip Raise on BOSU®

- Place feet on the center of ball
- Exhale and lift hips until body is straight
- Stretch

Sets: 1-3 Rep: 10-15



Bridge (Plank) on BOSU®

- Place hands at the edge of the hard surface of BOSU®
- Extend arms fully and lift body up
- Keep back straight and hold position

Sets: 1-3 Rep: 30 seconds - 3 minutes



Pike

- Place legs on ball at the shins area and balance body by placing hands slightly wider than shoulders.
- Keep knees locks throughout the exercise
- Exhale and bend hips and bring feet towards chest
- Stretch

Sets: 1-3 Rep: 10-15





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