

## DISCOVER THE MOVEMENT™...

and you will exercise for the right reasons. Whether you want to perform better in sports, feel better in everyday life, or improve the way your body looks and moves - The BOSU® Balance Trainer will get you there! This revolutionary device is literally changing the face of fitness training. Already in use by the world's best athletes from virtually every sport, the BOSU® Balance Trainer can make the difference for YOU!

The BOSU® Balance Trainer is all about YOU! It's about Your Journey towards Feeling Your Best! Performing Your Best! And Looking Your Best! It's about achieving more with less effort! It's about living in the moment! It's about balance!

It's Fun! It's New! And there's nothing else like it!

[www.bosu.com](http://www.bosu.com)



OFFICIAL SUPPLIER

*FitnessQuest*®

### Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.  
(You may wish to staple it into this manual.)

3/11/09

# BOSU®

BALANCE TRAINER

## OWNER'S MANUAL

TM



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**FOR MAXIMUM EFFECTIVENESS AND SAFETY, PLEASE READ  
THIS OWNER'S MANUAL AND VIEW THE VIDEO  
BEFORE USING YOUR BOSU® BALANCE TRAINER.**



Made with 100%  
Recycled Paper

Go to  
**www.bosu.com**

for all of your BOSU® needs



*“Since beach volleyball requires a high level of fitness and strength played on such a challenging surface, the BOSU® Balance Trainer is perfect for sport specific training.”*

LIZ MASAKAYAN  
BEACH VOLLEYBALL WORLD CHAMPION  
INDOOR VOLLEYBALL OLYMPIAN

*“The BOSU® is the most versatile and complete training device I have ever encountered. As a national champion athlete, I have found that balance, stability and awareness are some of the most important components to competitive success. The BOSU® develops all of these qualities simultaneously. This is a revolutionary approach to developing functional strength and is the future in the development of high level athleticism. Its applications are limitless! I am learning a great deal about my body working with the BOSU®, as it demands a mind/body unity not seen in the more traditional training methods. The BOSU® is a must for any serious athlete. Thank you, BOSU®, for giving me the edge!”*

STEVEN P. COTTER  
TWO-TIME US NATIONAL KUOSHU CHAMPION  
(FULL CONTACT MARTIAL ARTS)

*“The BOSU® is another great addition to any strength and conditioning coach’s arsenal. The BOSU® brings both imagination and physical challenge to both core stability and proprioception for any athlete’s training program.”*

FERNANDO MONTES  
HEAD STRENGTH & CONDITIONING COACH  
CLEVELAND INDIANS

*“I incorporate Swiss Ball training extensively into our off-season programs. The BOSU® was a great addition to our core program. It was very user friendly and the players enjoyed the challenge that the BOSU® added. For quite some time, we have been trying to find a way to do some of the complicated Swiss Ball movements safely – well, your device has accomplished this and then some. I look forward to continuing experimenting with the BOSU® to keep on improving our core strength. I would highly recommend the BOSU® to anyone, especially for those already using Swiss Ball training.”*

MIKE VASALANI  
STRENGTH AND CONDITIONING COORDINATOR  
NEW JERSEY DEVILS  
2000 STANLEY CUP CHAMPIONS

*(Visit [www.bosu.com](http://www.bosu.com) to see more of What the Pros Say)*

## WHAT THE PROS SAY

*“The BOSU® is an invaluable tool for the U.S. Ski and Snowboard team members at all levels. It’s a key tool for the United States Ski and Snowboard Department of Sport Science and Conditioning. The versatility and application of the BOSU® is so great our teams travel with them year round.”*

ANDY WALSHÉ USSA DIRECTOR SPORT SCIENCE  
SCOTT HIGGINS, USFST PHYSIOLOGIST  
U.S. SKI AND SNOWBOARD ASSOCIATION  
PARK CITY, UTAH

*“As a sports performance specialist for 30 years, I believe the BOSU® will become a required “necessity” for every team, motivated athlete, etc. to use in their training. Because of the important role of “body equilibrium” in all human performance, I’ve always recognized it was the limiting skill for most athletes that prevented them from reaching great heights. Well, that won’t be the case any more. More than ever before, the sky is the limit.*

*Furthermore, the BOSU® has an exceptional future as a key product used in all child development programs...and I believe it should be in every home.”*

DR. WILLIAM D. HARRISON  
PERFORMANCE FUNDAMENTALS INC.  
LAGUNA BEACH, CA

(CONSULTANT TO NUMEROUS OLYMPIC AND PROFESSIONAL SPORTS TEAMS, INCLUDING SUCH TOP PERFORMERS AS GEORGE BRETT, GREG MADDUX, SAMMY SOSA. NUMEROUS NATIONAL SPORTS TEAMS AND PROMINENT PROFESSIONAL ATHLETES THROUGHOUT THE WORLD PREPARE FOR INTERNATIONAL COMPETITION USING DR. HARRISON’S CONCEPTS IN THEIR TRAINING.)

*“Athletes from all sports love training on the BOSU®. It is truly a revolutionary product that will redefine the future of athleticism and fitness training.”*

DEAN BRITTENHAM  
DIRECTOR OF ELITE ATHLETIC TRAINING  
SCRIPPS CLINIC  
LA JOLLA, CALIFORNIA

*“The BOSU® is the ultimate functional training tool to improve proprioception and balance.”*

VERN GAMBETTA  
“THE LEADING CONDITIONING COACH IN THE USA”  
GAMBETTA SPORTS TRAINING SYSTEMS  
SARASOTA, FLORIDA



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3/11/09

**INTRODUCTION**

Congratulations on your purchase of the BOSU<sup>®</sup> Balance Trainer! By purchasing this piece of fitness equipment, you've made a commitment to improve your overall fitness, as well as your balance, coordination and posture.

The BOSU<sup>®</sup> Balance Trainer gives you a fast, fun workout that is easy to fit into even the busiest lifestyle. The BOSU<sup>®</sup> Balance Trainer program has been designed so that you can train cardiovascular or aerobic fitness, muscular strength and endurance (especially for the ab and back muscles), and flexibility. And while you're getting stronger and more fit, you'll also be improving your balance, coordination and body awareness. What this means is that you'll look better, feel better, and move better in sports and fitness training as well as daily activities.

The BOSU<sup>®</sup> Balance Trainer is safe and easy to use, regardless of your current fitness level. It has been designed so that you can start with easy exercises, and then gradually advance to more difficult exercises as your fitness level and balance improve. Whether you're a first time beginner, or an experienced athlete, the BOSU<sup>®</sup> Balance Trainer is versatile enough to provide a workout that is not only effective, but fun!

Take a few minutes and read through this Owner's Manual. You'll learn safety tips, how to correctly perform a BOSU<sup>®</sup> workout, and how to integrate the BOSU<sup>®</sup> Balance Trainer workout into your total fitness program. For a short, 8-10 minute BOSU<sup>®</sup> workout, follow the program in this owner's manual. For longer workouts, with music and expert instruction, follow one, two or all three ten-minute workouts in the Total Body Workout video.

If, during the course of using your BOSU<sup>®</sup> Balance Trainer, you have any questions about the program, please contact Customer Service Specialists at the phone number or web address listed below. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

Sincerely,  
Jonathan Anthony

BOSU<sup>®</sup> Balance Trainer  
Customer Service Department  
185 Fitness Quest Plaza, Canton, Ohio 44750-1001  
1-800-321-9236 Monday–Friday,  
8:30am to 8:00pm, Eastern Standard Time  
www.bosu.com

*Please do not call the above number for Parts. See Ordering Replacement Parts section to the right.*

**IMPORTANT: This owner's manual is the authoritative source of information about your BOSU<sup>®</sup> Balance Trainer. Please read it carefully and follow all the instructions.**

**Ordering Replacement Parts**

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831 Monday through Friday, 8:30am to 8:00pm, Eastern Standard Time.

IMPORTANT: You must have your serial number, date of purchase and this manual ready when calling for parts.

Serial #: \_\_\_\_\_

Date Purchased \_\_\_\_\_

**ADDITIONAL WORKOUT CHART**

DATE	REPETITIONS								
	Rotary Squat with Jump Stick	Leap Hold with Compressions	Single Leg Balance with Torso Rotation	V-Sit with Counter Rotation	Push-Up with Platform Tilt	Bicycle with Opposition Balance	Lateral Curl with Side Balance	Opposite Arm/Leg Raise with Knee Pull	Arm/Leg Flutter with Opposition Balance

## WORKOUT CHART

You can use this chart and the chart on the following page to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress.

DATE	REPETITIONS									

Rotary Squat with Jump Stick

Leap Hold with Compressions

Single Leg Balance with Torso Rotation

V-Sit with Counter Rotation

Push-Up with Platform Tilt

Bicycle with Opposition Balance

Lateral Curl with Side Balance

Opposite Arm/Leg Raise with Knee Pull

Arm/Leg Flutter with Opposition Balance



## A MESSAGE FROM THE INVENTOR



The BOSU® Balance Trainer was born from a passion to improve my balance. In my life-long pursuit of enhanced athleticism, I have come to understand that balance is the foundation on which all other performance components are built. Balance is, in fact, the foundation of all movement. It is elemental and basic, yet so profound. I also discovered that achieving better physiological balance can act as catalyst toward transforming your sense of balance into a state of mind as well. Simply stand on the BOSU® for the first time and you will begin to understand what I am talking about. BOSU® is about a new way to exercise that is functional, dynamic and truly rewarding. After all, our time is precious and ultimately we should pursue with passion only those things that add value to our lives.

The BOSU® was my brainchild, my conception of how to continually challenge myself without taking unnecessary risks. The BOSU®, because it is safe, allows virtually anyone, regardless of skill level, to effectively focus and train balance. On the other hand, the BOSU®, because it is impossible to master, will challenge the most gifted athletes in the world indefinitely and allow them to continually improve.

Balance training enhances the quality of my life in many ways. I move with more grace than ever before and the BOSU® has developed my abs like no other training device or technique I have ever experienced. I am more agile, more athletic, and more confident than ever before as a result of BOSU® training. I simply feel better because I BOSU. The only thing that is certain in life is change. Nothing is static – on the athletic field, in school, at home, or in the office, your ability to improvise and adjust to the ever changing set of given circumstances has an enormous impact on your degree of personal fulfillment. Stand on the BOSU® and you will feel what it is like to exercise in the moment. Start exercising in the moment and you are one step closer to living in the moment. And living in the moment is what it is all about.

David Weck  
Inventor of the BOSU® Balance Trainer

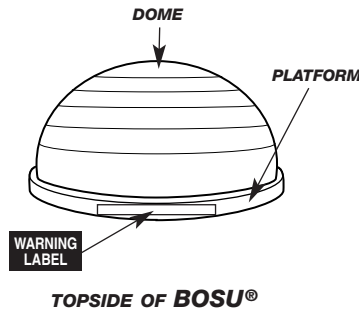
## UNIT WARNING LABEL

See below for placement of warning label on unit.



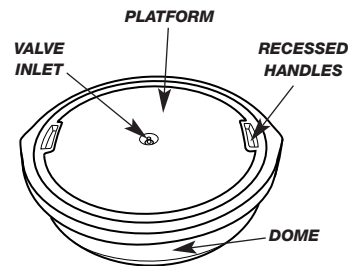
## SPECIFICATIONS & PARTS

BOSU® is an acronym for "both sides up". The BOSU® Balance Trainer can be used with the platform side either up or down for different types of balance challenge. The solid platform is 25 inches in diameter, and the dome should be inflated until it is firm. Two recessed handles on the bottom of, and toward the sides of the platform, make it easy to turn over or carry. This fitness product has its foundation in the field of medicine, as well as balance, functional and sport specific training. Neuromuscular physiology, which helps define human movement, provides the science that backs this complete approach to training.



TOPSIDE OF BOSU®

Your BOSU® Balance Trainer comes complete with a pump, plug, instructional video and this instructional owner's manual.



UNDERSIDE OF BOSU®

## YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than just exercise. It is a "fitness for life" plan that goes hand-in-hand with an overall, healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

*A total fitness program consists of four parts:*

1. Aerobic or cardiovascular exercise to burn calories.
2. Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate and strengthen your bones.
3. Stretching exercises to keep you moving freely and help prevent injuries.
4. A diet that is safe, sensible and healthy. (Refer to the enclosed Eating Plan Booklet.)

Today, fitness research recommends both aerobic exercise and strength conditioning to achieve the best results and balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, improve your stamina and endurance. Strength conditioning adds lean muscle to your body. This increases your body's calorie-burning ability by increasing your metabolism. As a result, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, you can burn more fat and calories when compared with aerobic exercise alone.

The BOSU® Balance Trainer workout can enhance your Total Fitness Program by integrating balance training into aerobic and strength exercises, as well as stretching. You should also make healthy, low-fat eating a big priority.

**CONSULT WITH YOUR PHYSICIAN** about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

## ARM/LEG FLUTTER WITH OPPOSITION BALANCE

**PERFORM 10 TO 30 SECONDS OF THE “FLUTTER”, THEN HOLD A BALANCE POSITION FOR 10 TO 30 SECONDS ON EACH SIDE.**

*The goal of this exercise is to challenge upper body, lower body and core stabilization and balance.*

Lie face down with the hips and pelvis centered on the dome. Lift the legs until they are parallel to the floor. Rest the elbows on the floor, or extend the arms overhead for more challenge. Keeping the body straight and core muscles contracted, flutter the arms and legs (See Fig. 24). This is a small movement and the focus should be on maintaining balance while fluttering. After 10 to 30 seconds, hold and balance with arms and legs parallel to the floor. Slowly bend one leg, then reach back with the opposite arm and touch the heel of the bent leg (See Fig. 25). Hold, then repeat the balance with the opposite leg and arm.

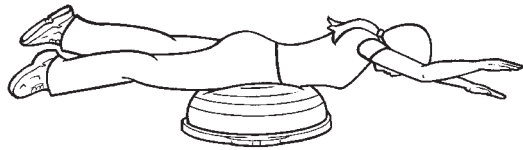


Fig. 24

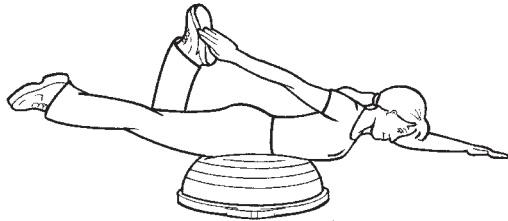


Fig. 25

## CARE & STORAGE

Your BOSU® Balance Trainer has been carefully designed to require minimal maintenance for enjoyable use. To ensure this, we recommend that you do the following:

- Keep your BOSU® clean. Wipe sweat, dust or other residue off the BOSU® after each use with a towel. Water and a mild soap may also be used to clean the platform and dome.
- Store your BOSU® after use. The BOSU® is easy and convenient to store either inflated or deflated. **DO NOT STORE THE BOSU® IN DIRECT SUNLIGHT (SUCH AS OUTSIDE OR NEAR WINDOWS) OR NEAR HEAT SOURCES.** Direct sunlight or excessive heat (like the high temperatures that can occur in the trunk of a car) can cause the inflated dome to deform. Though the product can continue to be used, deformation may cause the original balance traits of the dome to change.
- Avoid contacting the BOSU® dome with sharp or abrasive objects. Sharp or abrasive objects can puncture the vinyl surface. Always check the soles of your shoes for glass, stones, etc., before standing on the BOSU® dome.
- When deflating your BOSU® for storing, you may have to pull firmly to remove the plug. It will not harm the BOSU® to give the plug a hard tug in order to remove it.

## IMPORTANT SAFETY TIPS



**WARNING — You and others can be seriously injured or killed if warnings in this user’s manual and the video are not followed.**

**BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT A PHYSICIAN OR HEALTH PROFESSIONAL.** Your physician can help you determine if you have any physical limitations that could create a health risk or prevent you from properly using this equipment. Certain exercises, programs or types of equipment may not be appropriate for all people, especially if you are over age 35 or have pre-existing health or orthopedic conditions, or balance impairments.

**THE BOSU® BALANCE TRAINER IS NOT A TOY.** Children must be supervised by an adult familiar with the proper use of this product.

**START OUT SLOWLY AND PROGRESS SENSIBLY.** Progress at a pace that is comfortable for you. The BOSU® Workout is designed so that you can begin with the easiest variation of each exercise and progress to more difficult variations when you are ready.

**DO NOT OVER EXERT YOURSELF.** Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous or dizzy.

**FOLLOW THE EXERCISE TECHNIQUE GUIDELINES IN THIS MANUAL AND THE ACCOMPANYING VIDEO.** Correct exercise technique will help you get the results you want and keep you exercising safely. **DO NOT** use your BOSU® Balance Trainer until you have read this manual completely.

**MAKE SURE YOU HAVE ADEQUATE SPACE AROUND YOU DURING A BOSU® WORKOUT.** You should have enough space to lie in a face up, face down or side-lying position on top of the dome, and to be able to step off safely in any direction. **MAKE SURE** that if you lost your balance and fell you would not hit any nearby objects.

**TO REDUCE THE RISK OF INJURY,** use a mat or exercise pad on wood or other hard surfaces.

**IF YOU FEEL THAT YOU ARE LOSING YOUR BALANCE AT ANY TIME WHILE STANDING ON THE DOME, SIMPLY STEP OFF OF THE BOSU® SAFELY TO THE FLOOR.**

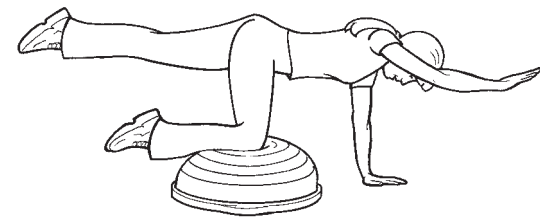
**WIPE SWEAT OFF THE VINYL SURFACE OF THE DOME WHILE WORKING OUT.** Not unlike a wet basketball floor, sweat will make the dome surface of the BOSU® slippery. Use a towel to wipe sweat off the dome if necessary. A dry BOSU® provides for a safer and more effective training environment.

**WEAR APPROPRIATE FOOTWEAR WHILE EXERCISING ON THE BOSU®.** It is recommended that athletic footwear be worn during BOSU® workouts. For some exercises, you may be instructed to exercise in your bare feet. Never exercise in socks, stockings, etc.

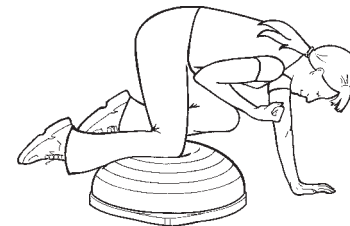
**PERFORM 6 TO 10 REPETITIONS ON EACH SIDE.**

*The goal of this exercise is to challenge lower back strength, as well as upper body and core stabilization.*

Kneel with one knee centered directly on top of the dome and the hands placed on the floor in front of the platform. Extend the other leg to the back. Simultaneously, lift that leg and the opposite arm until they are parallel to the floor (See Fig. 22). Hold this lifted position and balance for 1 to 2 seconds. (Try to lengthen both the leg and arm away from the core of the body, focusing on length rather than height of the lift.) Slowly, bend both the arm and leg, pulling the elbow and knee toward the abdomen. Allow the lower back to flex or round slightly (See Fig. 23). Extend back out to the previous lifted and \*balanced position. Then, lower the arm and leg back to the starting position. Perform multiple repetitions on one side before replacing the knee with the other, and repeating the movement on the other side.



**Fig. 22**



**Fig. 23**



## LATERAL CURL WITH SIDE BALANCE

**PERFORM 12 TO 20 REPETITIONS, THEN HOLD A BALANCE POSITION FOR 10 TO 30 SECONDS.**

*The goal of this exercise is to challenge abdominal and lower back strength, and core stabilization.*

In a side-lying position, center the waist directly on top of the dome. Extend the legs in a "scissor" position on the floor, and align the hips one on top of the other. Place the hands behind the head, and relax over the dome until a stretch is felt down the side of the body. From this stretched position, slowly lift the torso and flex to the side. Avoid pulling on the head and neck. Instead pull the lower side of the rib cage down toward the top of the hip (See Fig. 20). After completing 12 to 20 repetitions, lower the torso until the elbow rests on the floor. Lift the legs until they are parallel to the floor. Hold this position and balance.

*For more balance challenge, cross the arms over the chest (See Fig. 21) or extend them overhead. Repeat the lateral curl and lateral balance on the other side.*

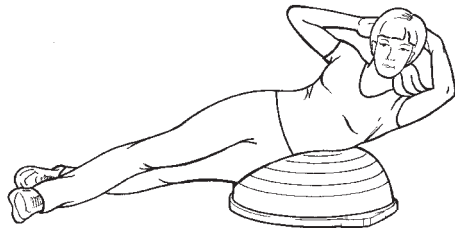


Fig. 20

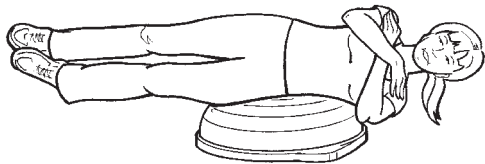


Fig. 21



## GETTING STARTED

### INFLATING YOUR BOSU® BALANCE TRAINER

1. Find the pump that came with your BOSU® Balance Trainer and remove it from its wrapping.
2. Secure the blue end of the air hose to the blue valve on the pump, then place the narrow white nozzle onto the other end of the hose. (See Fig. A.)  
Be sure to firmly press together.

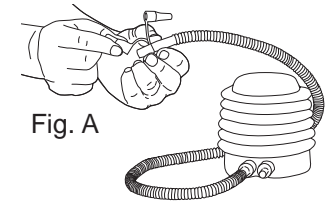


Fig. A

3. Place your BOSU® Balance Trainer flat on the floor with the platform side up.
4. Insert the air nozzle firmly into the valve housing and inflate to a height of about 9 inches. (See Fig. B.)  
**DO NOT exceed 10 inches.**

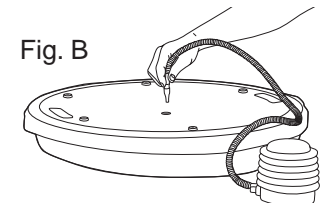


Fig. B

**TIP:** To judge proper inflation, simply hold a ruler vertically against the side of the BOSU® Balance Trainer and inflate until the platform clears approximately 10" on the ruler. (See Fig. C.)

5. When you have inflated your BOSU® to the desired height, firmly insert the air plug into the valve inlet.

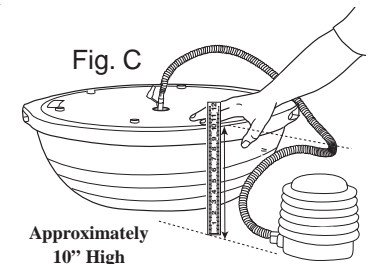


Fig. C

Approximately  
10" High

### SETTING UP

Make sure your BOSU® Balance Trainer is set on a non-slip, level surface with adequate clearance space around you. If working out on a wood, or other hard surface, a mat or folded towel can provide padding when exercises are performed with the knees or hands in contact with the floor. When working out on a carpeted surface, no additional padding should be needed.

**ACCLIMATING TO THE BOSU® SURFACE**

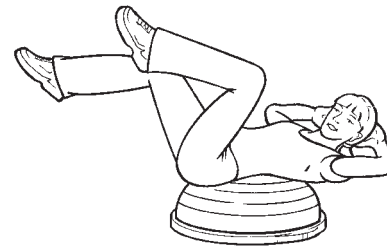
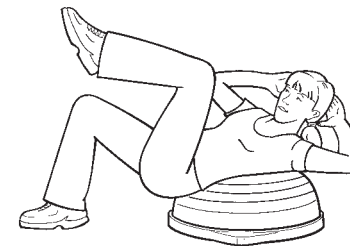
Before you begin the BOSU® Workout, it's important that you feel comfortable stepping on and off the dynamic surface of the dome in all directions. Practice slowly stepping up on top of the dome. Then, walk forward off the dome and onto the floor. Repeat a few times, making sure that you alternate legs (See Fig. 1 and Fig. 2). When you are comfortable stepping up and down in a forward direction, practice stepping up and down from the side of the BOSU®. Finally, step up on top of the dome and down to the back. Step on and off with control, and always stay within your comfort range. **IF YOU FEEL THAT YOU ARE LOSING YOUR BALANCE AT ANY TIME WHILE STANDING ON THE DOME, SIMPLY STEP OFF THE BOSU®, SAFELY TO THE FLOOR.** These, and more, acclimation exercises are demonstrated in your BOSU® Workout video.

**Fig. 1****Fig. 2****PERFORM 12 TO 20 REPETITIONS, THEN HOLD A BALANCE POSITION FOR 10 TO 30 SECONDS ON EACH SIDE.**

*The goal of this exercise is to challenge abdominal strength and core stabilization.*

Lie face up with the lower back centered on the dome. Clasp the hands behind the head and lift one leg at a time until both knees are aligned over the hips. Slowly extend one leg, pulling the other leg in toward the chest. Simultaneously, rotate the torso until one elbow is pointing forward and the other back (See Fig. 17). Alternating sides, continue this "bicycle" motion. It is important that the lower back does not arch excessively during this exercise. After completing 12 to 20 repetitions, hold with one leg extended (opposite arm extended overhead), and the other knee pulled into the chest (opposite arm reaching down the leg). Hold this balance, trying to align the body in a parallel position to the floor (See Fig. 18), then change sides.

*For an easier modification of the "bicycle" movement, begin with both feet flat on the floor and the hands behind the head. Lift one leg and simultaneously rotate the torso toward the lifted leg (See Fig. 19). Lower the leg and return the torso to the center position. Alternate sides, keeping one foot on the floor at all times.*

**Fig. 17****Fig. 18****Fig. 19**

## PUSH-UP WITH PLATFORM TILT

### PERFORM 12 TO 20 REPETITIONS.

*The goal of this exercise is to challenge upper body strength and core stabilization.*

Turn the BOSU® on the dome so that the platform is facing up. Begin in a kneeling position with the hands grasping the recessed grips on the sides of the platform. With straight arms, align the chest over the center of the platform. Keep the knees bent and in contact with the floor, or extend the legs for more challenge. Bend the elbows and lower the body into a push-up (See Fig. 15). Press back up to a straight-arm position and hold with good body alignment. Keeping the elbows extended, tilt the platform slightly to one side (See Fig. 16). Allow the entire body to tilt, keeping the core muscles contracted for stabilization. Tilt the platform back to a level position. Alternate a single push-up with a tilt to one side. Repeat the push-up and tilt to the other side. Each push-up/tilt equals one repetition.

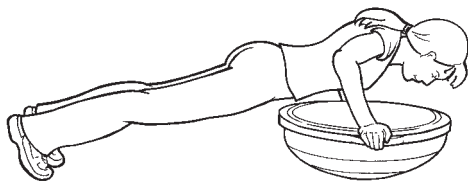


Fig. 15

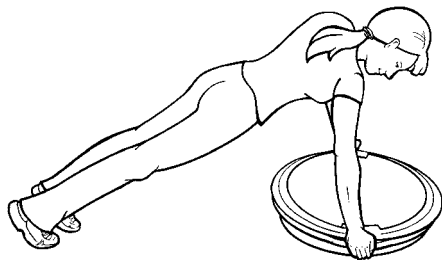


Fig. 16

### PRACTICING "CENTERED" POSITION

When you are comfortable stepping on and off the BOSU® dome in all directions, you are ready to practice "centered" position. Step up on top of the dome, and place your feet about hip width apart or slightly narrower. Place your arms out to the sides for balance assistance, or place the hands on your hips for more balance challenge. Try to maintain good posture, with the knees "soft" (not locked) and the feet as level as possible (See Fig. 3). As you stand on the BOSU® you will feel your core muscles (abs and back) working to maintain balance. The muscles in your feet and lower legs are also working hard. Relax and let your body find the "path of least resistance." You will discover that it is impossible to stand completely still! This is perfectly normal, and as your balance and coordination improve, your body will become more and more efficient at maintaining balance.

*For more challenge, turn your head from side to side, tilt the head from side to side (See Fig. 4), or close your eyes for a few seconds. These variations are very challenging and may take time and patience to master.*

Fig. 3

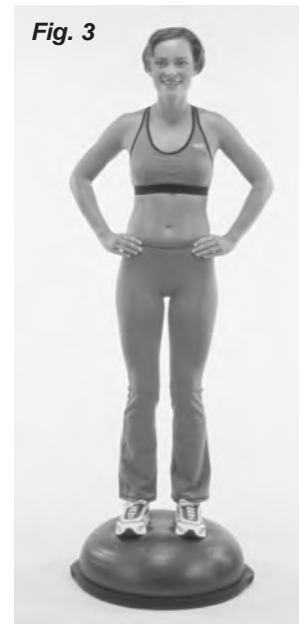


Fig. 4



## GENERAL EXERCISE GUIDELINES

- If you are just starting an exercise program with your BOSU® Balance Trainer workout, choose a time of day that's good for you and then stick to it closely. You should choose a time when you feel energetic, when interruptions are few, and when you have not eaten for approximately two hours.
- Practice each exercise until you are very clear on correct technique. When following the video workout, begin with the easier variation of each exercise and progress to the more challenging variations only when you feel ready.
- Using muscle fatigue and proper technique as a guide, increase your repetitions to the number that you can complete comfortably and correctly. It is more important to perform the exercises correctly than it is to complete the suggested number of repetitions.
- Start your program with two BOSU® Balance Trainer workouts per week. If you'd like to add workouts, gradually build up to every other day of the week. It is important to have one day of rest between challenging workouts.

## KEEPING YOUR WORKOUT MOTIVATING

You can maintain motivation and keep your interest high by remembering these simple tips:

- **Set goals for yourself** that are challenging and realistic. You may wish to break your larger goals down into small, measurable goals. For example, your first week goal may be to acclimate to the BOSU® and complete the warm-up, demonstrated in the video, 2 to 3 times. In the second week you might progress by completing the warm-up and Workout Segment 1. Week-by-week you will slowly progress toward the goal of completing the entire 30 minute video workout.
- **Record your progress** by using the handy chart provided at the end of this booklet. This will help you see daily and weekly improvements.
- **Celebrate your successes** – even the small ones! If you meet your goals each week, reward yourself with something healthy that recognizes each milestone along the way to better health and fitness.
- **Take setbacks in stride.** If you get off schedule, or don't achieve the goals you set for yourself, don't stress about it – just get back on track! Review your program to make sure your goals are realistic, and make any adjustments you think are needed.

## V-SIT WITH COUNTER ROTATION

**PERFORM 12 TO 20 REPETITIONS, ALTERNATING SIDES.**

*The goal of this exercise is to challenge the abdominal and lower back muscles as they work to stabilize this balanced position.*

Sit with the hips centered directly on top of the dome. Lean back slightly, then lift one leg at a time until the body is in a bent knee, v-sit position. Hands may be placed on the sides of the dome (See Fig. 12), or may be lifted for more balance challenge. Holding the v-sit position, slowly lower the knees to one side while rotating the torso in the opposite direction (See Fig. 13). The rotation of the torso should counterbalance the movement of the legs. Return to the starting position and alternate sides. Keep the movement slow and controlled. Don't allow the lower back to round at any time during the exercise.

*For an easier modification, lift only one leg and keep the other on the floor as you counter rotate the legs and torso (See Fig. 14).*

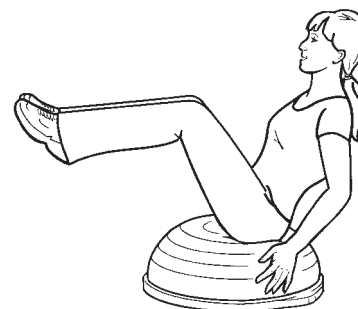


Fig. 12

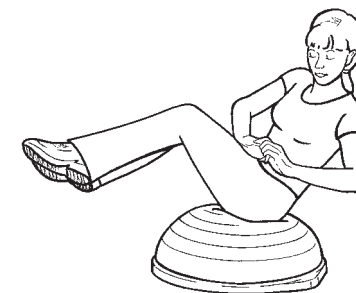


Fig. 13

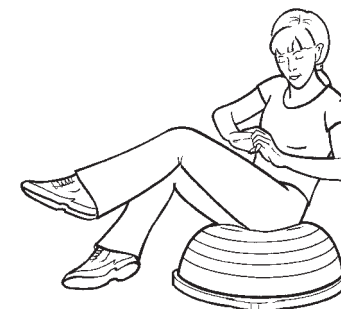


Fig. 14

## SINGLE LEG BALANCE WITH TORSO ROTATION

**PERFORM 10 TO 60 SECONDS OF BALANCE ON EACH LEG.**

*The goal of this exercise is to challenge balance, stabilization and muscular endurance of the lower body and core.*

Step up and center one foot directly on top of the dome. Touch the other foot lightly on the side of the dome until balance is established. Slowly lift the non-weight-bearing leg out to the side. Keep the shoulders level and hold the arms out to the side (See Fig. 10). For more balance challenge, rotate the torso until one arm is reaching front and the other back. Keep the hips square to the front as the torso rotates (See Fig. 11). Repeat the torso rotation in the other direction. Lower the lifted leg back to the dome and repeat the balance on the other leg.

*For an easier modification, keep the non-weight-bearing foot touching the side of the dome rather than lifting it in the air.*

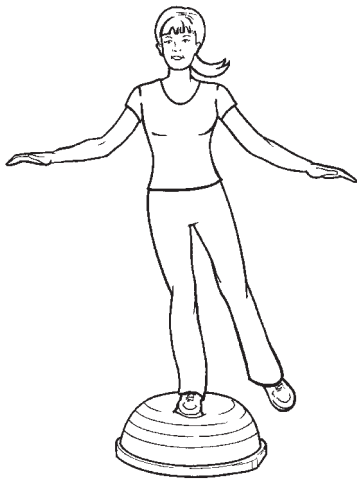


Fig. 10



Fig. 11



## THE BOSU® BALANCE TRAINER WORKOUT

*Each exercise in this workout integrate balance and stabilization with exercises that challenge the cardiovascular/aerobic system, muscle strength and endurance or flexibility. For an effective 8-10 minute BOSU® Total Body Workout, perform each exercise for the number of repetitions suggested. If you're just starting out, you may have to slowly build up to the suggested number of repetitions. For a longer workout, with music and expert instruction, follow one, two or all three, ten-minute workouts in the video that came with your BOSU® Balance Trainer.*



## ROTARY SQUAT WITH JUMP STICK

**PERFORM 20 REPETITIONS, ALTERNATING SIDES.**

*The goal of this exercise is to challenge the cardiovascular system, while simultaneously working dynamic balance, agility and core stabilization.*

Stand in a centered position on top of the dome with the feet placed hip width apart or slightly narrower. Perform a squat, while simultaneously rotating the torso to one side and reaching for the outside of the knee or ankle (See Fig. 5). Begin to extend out of the squat and continue into a forward facing jump (See Fig. 6). Land in the centered position and briefly hold or "stick" the landing (See Fig. 7). Repeat the rotary squat and jump stick to the other side. Work to keep the feet as level as possible throughout the exercise.

*For an easier modification of the jump-stick movement, simply bounce slightly, without leaving the surface of the dome.*



Fig. 5



Fig. 6



Fig. 7

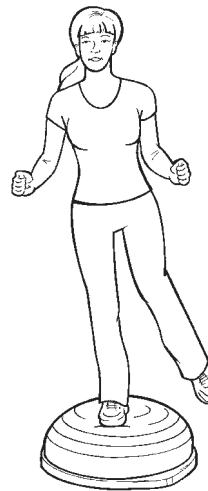


Fig. 8

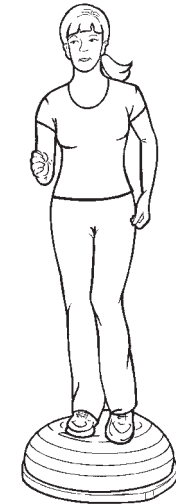


Fig. 9

## LEAP HOLD WITH COMPRESSIONS

**PERFORM 20 REPETITIONS ON ONE SIDE, 30 SECONDS OF COMPRESSIONS OR JOGGING ON TOP OF DOME, AND 20 REPETITIONS ON THE OTHER SIDE.**

*The goal of this exercise is to challenge the cardiovascular system, while simultaneously working dynamic balance, agility and core stabilization.*

Stand on the floor to one side of the BOSU®. With the inside leg, leap to the center of the dome, landing on one foot and briefly holding (See Fig. 8). Step back down with the outside leg. Repeat the leap hold on the same leg. After completing the desired number of repetitions, step to the top of the dome and perform alternating leg compressions. Alternate the weight from foot to foot, maintaining good trunk alignment (See Fig. 9).

*For more challenge and intensity, jogging may be substituted for compressions. Step down to the other side and repeat the leap hold with the other leg.*