

# Fit Bit Friday 161

## The Stronger Body BOSU Workout

*\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\**

**Description:** Warm up with your favourite cardio-based exercise, then begin the circuit in yellow below. Depending on your fitness level, adjust the number of times you complete the whole thing. If you're a **beginner**, **once might be enough** for your first try. If you're a fairly **regular exerciser**, **aim for 2-3 rounds** and if you're more **advanced**, **shoot for 3-4**. When you get to the end of each round, take **2-3 minutes rest** before starting again. Don't forget to stretch out at the end and stay hydrated throughout!

| What to Do   | Reps/Time    |
|--|--------------|
| Do any form of cardio to get your muscles warm and heart rate up   | 20 mins      |
| <b>BOSU Burpees with Push-Up Jacks</b> - Hold the BOSU above your head with the round side facing the ceiling. Bring it down to the floor as you jump back into high plank pose, then jump your feet wide and back together as if doing a jumping jack. Do a push-up with hands still on the sides of the BOSU, then hop feet in towards your chest, stand, and press the BOSU overhead. That's 1 rep. | 10           |
| <b>BOSU Uneven Sumo Squats</b> - Take a wide stance placing 1 foot on the BOSU, round side up. Perform 10 bodyweight sumo squats, feet pointing outwards slightly. Switch sides after completing 10 reps.  | 10 each side |
| <b>Single Leg Superwoman BOSU Jumps with Lunge</b> - Stand facing the BOSU. Step left leg forward on top of it, and jump up while driving your left arm and right knee as high as you can. Land on the BOSU, still on your left leg, and lunge the right leg backwards. Focus on technique, then speed. Do all 10 reps on left before switching sides.   | 10 each side |
| <b>Over-the-BOSU Pendulum Lunges</b> - Place BOSU in front of you, round side up. Put right foot on top and lower into a lunge with your left leg behind. Keeping the right foot planted, push off, lifting the left leg over the BOSU and planting it in front, lowering again into a lunge. Continue going over and back, keeping right foot planted until all reps are complete, then switch.       | 10 each side |
| <b>BOSU Bird Dog</b> - Get on hands and knees on top of the BOSU. Alternate extending opposite arms and legs, using your core to stabilize.  | 20 total     |
| <b>BOSU Mountain Climbers</b> - Put the BOSU's round side down and grab the sides. Perform mountain climbers as quickly as you can with good form.   | 25           |
| <b>Windshield Wipers</b> - (No BOSU for this one!) Lay on your back with feet straight up to the ceiling, arms reaching out to your sides. Keeping shoulders on the ground, lower feet down to the left. Pause, then use your core to lift them over to the right. Continue alternating sides.   | 10 each side |
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