

# **BOSU FITNESS**



Marina Aagaard

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**Complete cardio, strength  
and core conditioning**



aagaard

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First Edition

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# PREFACE

*BOSU FITNESS* is a comprehensive guide to designing fun and effective workouts using the BOSU Balance Trainer.

The BOSU was introduced in 2000 and has since become a popular part of fitness classes around the world.

Many fitness centres have one or more BOSU's in their gym for balance and stability work and the BOSU is also a versatile piece of equipment for group exercise for either cardio, resistance training or hybrid workouts.

This book has been written to provide program and exercise inspiration for physical trainers, personal trainers, group exercise instructors and physiotherapists using the BOSU for various types of training in different formats. The primary goal is to provide an overview over the numerous exercises and novel ideas for complete program design, format and sequencing.

Some unique features of this book:

1. A table of base moves for cardio variation.
2. Multiple ideas, 'templates', for strength and circuit classes.
3. Two complete BOSU group exercise workouts choreographed to music. Also for use in one-on-one training.

It is my hope that this book will provide inspiration for more workouts and more motivating workouts with the BOSU.

Marina Aagaard, MFE  
Aarhus, 2013

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# CHAPTER 1 | INTRODUCTION

The BOSU Balance Trainer, then and now a popular piece of fitness equipment, was launched in 2000 by inventor David Weck, USA.

The BOSU is an inflatable dome on a solid platform. It measures 62,5 cm, 25 inches, in diameter, with a height of 20-25 cm, 8-10 inches. The weight is 7 kg.

The unstable surface is excellent for training stability and balance in strength training as well as cardio workouts; the BOSU can be used as a fun and challenging 'step'.

The BOSU is a versatile piece of equipment, great for personal training as well as group exercise.

The name BOSU is an acronym for Both Sides Up and Both Sides Utilized:

Not only can you use either side of the BOSU, BOSU training is true functional training, which *"represents an approach to exercise that is more mindful than traditional training"* (BOSU, 2006).

BOSU training is quite demanding and requires your full attention and concentration.

However, BOSU training can easily be adapted for enjoyable workouts for almost any target group.

Enjoy.



# CHAPTER 2 | BOSU BASICS

## BOSU ADVANTAGES

There is a number of advantages to working out with the BOSU:

- The BOSU can be used on either side: On the dome side, top side, or the platform side, under side, as a large 'rocking board'.
- The unstable top, dome, means that in most exercises you have to stabilize; you improve strength *and* stability and balance.
- To keep your balance, you need to maintain an upright and stable posture by activating your core, a.o. transversus abdominis and mm. multifidii. This way you get an excellent postural workout.
- The curvature of the dome means, that when you are prone or supine on the dome, there is a larger range of motion in many strength and flexibility exercises.
- The BOSU is a soft, comfortable and versatile workout 'bench'.
- It is an excellent all-round piece of equipment for balance, toning and cardio work as well as agility workouts with hops and jumps.
- The BOSU is an obvious choice for circuit training; at one or more stations or organized in rows for fun exercises and games for children and adults alike.
- The BOSU increases your body-consciousness; during workouts one can clearly feel the muscles working together to stabilize.
- The price is very reasonable compared to the numerous applications. However, the price may also be the limiting factor, when considering buying BOSU's for group exercise for 20-50 people.

The only disadvantage is that the BOSU is rather heavy; not that easy to move around or carry with you; e.g. it is not suited for travel use.

Space requirements for BOSU is about 12-16 square feet (3-4 kvm.) with space for stepping safely on and off the BOSU in all directions – with a safe distance to the walls and other equipment or 'obstacles'. The exerciser(s) should be able to lie in a prone or supine position on the BOSU without touching anyone with the hands or feet.

## INFLATABLE EQUIPMENT

The BOSU Stability Trainer was the first of its kind in 2000. Since then it has been improved upon and also similar products have emerged.

There are also smaller inflatable balance equipment, eg. AeroStep and AirDisc.

These are also recommended for varying stability training programs. However, they do not offer quite as many options as the BOSU (dome).

*Note: Use instability training wisely; sensible progressions and programs, so that you improve – not diminish – stability and sports performance. Include stable surface stability work.*

## INFLATING THE BOSU

When buying a BOSU you should first read the manual to ensure, that you handle and inflate it correctly for optimal performance.

**Maximum dome height is approximately 20-25 cm, 8-10 inches.**

The surface should feel firm with a slight give to it.

*Note: Recommended inflation level, dome height, must not be exceeded.*



## HANDLING AND STORAGE

Handle your BOSU with care to increase performance and durability:

- Keep it clean, no dust, sand or other impurities.
- The surface, floor or mat, should be dry and clean.
- Avoid scratching or puncturing the dome surface with zippers or buckles.  
Preferably take off sharp jewelry or watches before workouts.
- Wear indoor footwear or bare feet. Wipe off the soles of your shoes, so that pebbles, glass and other debris is removed, before you step onto the BOSU.
- Storage in strong heat or cold may affect the BOSU. Avoid direct sunlight and do not place it close to heaters.
- The BOSU can be cleaned with a moist cloth. Use warm water or a mild soap. Avoid all kinds of strong cleaning agents solvents and scouring powders.

