

BOSU®: Up, Down, All Around

In this fast-paced workshop, you'll explore new ways to get your heart rate up, down, and all around while experimenting with the BOSU® in the same way! While HIIT is still the star of the show, a wide variety of interval protocols still exist! Come revisit all the ways you can intertwine work and rest with cardio, strength, core, and more, both on and off the BOSU Balance Trainer. Whether you pull the BOSU out for a small portion of a class, or use it for an entire session, this workshop will arm you with hundreds of ideas for timing, structure, and execution, scalable for all audiences.

1. Interval Ingenuity

- A. HIIT Is Hot
- B. But, is that all you've got?
- C. Interval Info

2. Top Off Your TOOL Box

- A. Types of Training
 - 1. Cardio
 - 2. Cardio / Strength
 - 3. Cardio / Restore
- B. Timing Options (work : rest ratios) – *intensity / duration play*
 - 1. Equal
 - 2. Short / Long
 - 3. Long / Short
 - 4. Progressive
 - 5. Regressive
- C. Travel Patterns / Terrain
 - 1. Up
 - 2. Down
 - 3. All Around

3. Mix & Match Madness

- A. Total Time
- B. Number of Blocks
- C. Choose your Tools
- D. Organize the Chaos**

4. Important Considerations

- A. Working with the BOSU® Balance Trainer
- B. *Coaching* for success
- C. Recovery is equally as important

Acclimation					
Progressive	10/20/30		[up] Foot Acclimation	[down] squat + rock	[all] up-down-around
	10/20/30		[up] March On Top	[down] starburst	[all] straddle
	10/20/30		[up] Slow Alt Knee Balance	[down] Alt Knee + Reach	[all] Knee + Tap Back

Cardio / Strength Double BOSU® Balance Trainers					
Even	30/30	UP	[c] Lateral Leap, ¼ Turn x2, Jump Stick	[s] Lateral Squat, Narrow Squat, Knee Balance	
	30/30	DOWN	[c] Alt Push Front x2, Fast Feet	[s] Alt Forward Lunge with Rotation (+tap)	
	30/30	ALL AROUND	[c] Icky Shuffle (past dome), Push Front, Push Dome	[s] Lateral Squat, Knee, Lunge to dome, Knee	

Cardio / Restore					
Long/Short	60/15	UP	[c] Progressive Jump Stick + Ripple	[r] Squat + Tracking	
	60/15	DOWN	[c] 1-Foot Hop Up, High Knees Back	[r] Single Reach Deadlift	
	60/15	ALL AROUND	[c] Burpee + Progressive Straddle (DSU)	[r] Plank + Dome Rock (PSU)	

Cardio / Restore-Strength-Cardio					
Short/Long	20/40	UP	[c] High Knee Run	[c] Kneeling Balance + Arm Circle	
	20/40	DOWN	[c] Diagonal Tire Run	[c] Reverse Table Top + Alt Reach	
	20/40	ALL AROUND	[c] Over the Top + Shuffle Behind	[c] Over the Top + Step Touch Behind	

Warm Down + Mobility					
Regressive	30/20/10	UP	Triple Tick Tock w/ Jump	Triple Tick Tock w/ Lift	Triple Tick Tock w/ Taps + Hold
	30/20/10	DOWN	Side Lunge + Curtsy Lunge Touch	Side Lunge to Balance	Side Lunge Stretch
	30/20/10	ALL AROUND	Kneeling Lunge (dome) + Balance	Lunge w/ Alt Arms	Hip Flexor Stretch

Thank you for attending this workshop!
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