

BOSU® Dynamic Integrated Strength

In this evolved bodyweight resistance training workshop, experience an integrated approach to creating a stronger body and a new perspective on building strength. Utilizing the unique principles of the BOSU® Balance Trainer you will learn movement complexes to evaluate and build strength with a focus on integrated balance, mobility and stability. Practice 6 total body movement complexes utilizing the core as the center of power and following the fascial lines of the body to enhance movement skill and ultimately performance.

Integrated Movement

With the understanding of the sophisticated structure of the human body we realize more and more the importance to training whole body complex movement. With the need to produce and transmit force in an integrated manner.

Fascial Matrix

- 3D Matrix
- Fascial lines
- Force Transmitter
- Viscoelastic Properties
- Mechanoreceptors
- Tensegrity

Mobility and Stability Relationships

Mobility	Stability
Ankle joint	Knee joint
Hip joint	Lumbar region
Thoracic region	Scapulothoracic joint
Glenohumeral joint	Elbow joint

BOSU® Dynamic Integrated Strength Workout

Movement Complexes	Position
Warm Up: Acclimation and Assessment	
Standing overhead arm reach on the floor/on the dome Squat on the floor/ squat on the dome Lateral squat with rotation Lunges on the floor/lunges on the dome Plank on the floor/plank with hands on dome Low lunge + twist on dome Bent knee push-up	Standing on floor and on top of the BOSU® Balance Trainer dome
Complex 1: Twister	
A. Alternate squats from the top (reach arms overhead as you squat off the side) Alternate squats with a twist (inside hand to dome/outside arm up) Squat with twist (isometric hold on one side) – step one leg across to lunge (keep hand on the dome) Cross over lunge to squat repeats B. Step out to a side T-stand Side T-stand to twist and hip drive Oblique bias plank to push-up to extension C. Perform A + B as a flowing complex Transition: Step to lunge then to squat Repeat from the top on the other side	Standing on top of the BOSU® Balance Trainer dome
Complex 2: Lunge Plank Matrix	
A. Bulgarian lunge in front of dome (fingers touch floor); step through to front lunge (on floor); step back to Bulgarian lunge Lunge with tempo variations (3 power to hip extension) Step back to plank (toes on dome) B. Single leg plank with external rotation and abduction "L" push-ups with thread the needle C. Perform A + B as a flowing complex Transition: Walk back to dome for dome squats with twist on top Repeat from the top on other side	Standing in front of the BOSU® Balance Trainer dome
Complex 3: Get Loaded	
A. Squat with anterior press Alternate lunges with rotation Burpee B. Low lunges with core balance R/L Push-ups with single leg bias + knee tuck C. Perform A + B as a flowing complex Transition: Jump to squat to standing forward bend with hands on top of platform (add hip shifts and alternate twist)	Standing with the BOSU® Balance Trainer in hand (then place on floor in platform side up position)

Movement Complexes	Position
Complex 4: Curtsy	
<p>A. Standing abduction to squat, abduction to curtsy squat from the top of the dome Hold curtsy squat and touch both hands to dome in a hip hinge Hold hip hinge and lift back leg into hip extension to repeat lunge Low lunge to dynamic lunges with hip extension</p> <p>B. Hip hinge and step back to single leg plank Lunge to leg thread-through to single arm triceps dip</p> <p>C. Perform A + B as a flowing complex Transition: Plank to kneeling balance and stand up</p> <p>Repeat from the top on the other side</p>	<p>Standing on top of the BOSU® Balance Trainer dome</p>
Complex 5: Rolling It Out	
<p>A. Side lying lateral flexion top elbow to knee Upper body lateral flexion Lateral balance Roll to split plank (one hand on the dome/one on the floor) Push-up to side T-stand (alternate on and off the dome)</p> <p>B. Roll to supine position Full roll up with alternate arm reaches Full roll up with hip lift</p> <p>C. Perform A + B as a flowing complex Transition: Roll up to squat (isometric hold with slow stand up)</p> <p>Repeat from the top on the other side</p>	<p>Seated on top of the BOSU® Balance Trainer dome</p>
Complex 6: Flip Flop	
<p>A. Squat to roll back Curl ups Supine balance Bicycle</p> <p>B. Roll through to plank Mountain climber with oblique rotation knee pull Walk back to pike Overhead press</p> <p>C. Perform A + B as a flowing complex Transition: Jump to squat to stand</p>	<p>Standing in front of the BOSU® Balance Trainer dome</p>