

BOSU® Sport C.A.M.P.

Amplify fitness and athleticism with a high-energy training template that will optimize results for all fitness levels. Learn unique Sport C.A.M.P. movement complexes that focus on Core, Agility, Metabolic and Power drills that progress and regress in intensity and complexity. Come prepared to be challenged with advanced training techniques, enhance your exercise library and accelerate results!

I. Sport C.A.M.P. Athletic Training

- A. Focused, purposeful and outcome oriented
- B. Develops key components of performance: **C**ore, **A**gility, **M**etabolic, **P**ower
- C. Can be scaled to all ability levels
- D. Brings high-energy team and partner elements to sport conditioning
- E. Creates a mix of individual training, small team training and partner challenges
- F. Helps develop physical and mental tools that support athletic skill execution

II. Core Training

- A. Train the core:
 - 1. to initiate rotational movement, stabilize, and resist rotational forces
 - 2. to act as a bridge to link upper and lower body power expression

III. Agility Training

- A. Train agility:
 - 1. to move in multiple planes, quickly change direction and activate the nervous system to prep for performance training
 - 2. to express sub-maximal power that is quickly turned "on & off"

IV. Metabolic Training

- A. Train multiple energy systems:
 - 1. to support skill execution in dynamic, unstable and unpredictable environments
 - 2. to challenge a variety of cardiorespiratory demands

V. Power Training

- A. Train power:
 - 1. using a variety of loads, speeds, and planes of motion
 - 2. with integrated movement for better transfer to daily activities and sport

VI. Foundations of Skilled Movement

- A. Balance
 - 1. the ability to maintain equilibrium and body control when stationary or moving, whether or not the center of gravity is over the base of support
- B. Mobility
 - 1. the ability to improve position by eliminating restriction, thereby improving power output and performance, and helping with injury prevention
- C. Stability
 - 1. the ability to control body position in a global sense and/or maintain optimal joint position during static or dynamic movement

BOSU® Sport C.A.M.P. Complexes

Dynamic Warm Up and Acclimation

Complex #1		
CORE	Plank Pike Walk-Up <i>Balance Trainer (DSU)</i>	<ul style="list-style-type: none"> • Plank with forearms on dome • Pike hips while simultaneously pulling one knee to chest • Plank jumping jack • Walk hands to dome then back down to elbows • Repeat, leading w/opposite knee
AGILITY	Split Lunge Burpee <i>Balance Trainer (DSU)</i>	<ul style="list-style-type: none"> • Stand behind with hands on dome • Jump or step to plank • Jump or step to diagonal lunge, alternating sides 4x • Jump or step back to plank; jump in; jump to dome • Step off and repeat, alternating lead leg on lunges
METABOLIC	Upper Lower Power Press <i>Balance Trainer (DSU)</i>	<ul style="list-style-type: none"> • Stand behind with hands on dome; jump to plank • Tap alternating hand to floor R/L/R/L • Jump to squat, then to dome • Tap alternating foot to floor R/L/R/L • Repeat, increasing range of motion to challenge
POWER	Log Jump Snatch <i>Balance Trainer (PSU)</i>	<ul style="list-style-type: none"> • Stand behind with hands on platform handles • Jump or step to plank; stabilize • 3x quick jumps side; log jump center; repeat other side • Jump to wide squat; pick up Balance Trainer • Lift overhead 2x in press or snatch motion

Complex #2		
CORE	Core Tuck Trio <i>Balance Trainer / Bar (DSU)</i>	<ul style="list-style-type: none"> • Stand in front, holding bar horizontally • Squat to supine balance with arms/bar overhead • Flex hips/knees to oblique tuck 2x on dome R then L • Bar rotates in opposition to oblique tuck • Core tuck center; squat to standing and repeat
AGILITY	Whirlybird V-Squat <i>Balance Trainer / Bar (DSU)</i>	<ul style="list-style-type: none"> • Stand on dome in V position; vertical bar on floor/front • Walk hands down bar to practice & set squat depth • V-squat; simultaneously lift bar overhead in wide grip • Return to standing; lower bar; circle bar around head R • Repeat overhead v-squat and bar circle L
METABOLIC	Side Squat Split Catch <i>Balance Trainer / Bar (DSU)</i>	<ul style="list-style-type: none"> • Stand on dome in parallel stance • Hold bar vertically in front of body with both hands • Step to lateral squat, passing bar to outside hand 4x • Jump/step to split lunge, passing bar hand to hand 4x • Repeat, increasing ROM and tossing bar hand to hand
POWER	Unilateral Squat Leg Drive <i>Balance Trainer / Bar (DSU)</i>	<ul style="list-style-type: none"> • Stand on dome, 1 foot center; other foot in “kickstand” • Hold bar as vertical support in opposite hand • Single leg squat 3x (kickstand side/back/wrapped) • Flip bar to horizontal mixed grip; step to lateral squat • Biased squat to power leg drive 3x; jump stick on dome • Center other foot; kickstand outside leg; repeat OS

Complex #3

CORE	Plank Pushaway Toss <i>Balance Trainer / Ball (DSU)</i>	<ul style="list-style-type: none"> • Stand in sumo straddle over dome, elbows on ball • Slowly roll out to extended straddle plank 3x • Hold plank on last roll out; walk up/down on dome 2x • Jump feet to dome; jump to straddle; roll back to sumo • Jump to dome; shake ball 2x center, then R/L 1x each
AGILITY	Face Down Face Up <i>Balance Trainer / Ball (DSU)</i>	<ul style="list-style-type: none"> • Plank with hands on dome, feet straddling ball • Walk legs up & down on ball 2x • Quick squat jump forward/back 2x; hold squat • Hips to ball; squat to supine; return hands to dome • Jump legs to ball plank; jump legs back to start
METABOLIC	Lateral Pull / Push Slam <i>Balance Trainer / Ball (DSU)</i>	<ul style="list-style-type: none"> • Stand on top of dome with ball in front • Travel back & forth laterally over dome 4x • Add pull/push of ball laterally on floor 4x • Add overhead lateral ball lift & slam 4x • Set ball on floor on last slam; repeat sequence
POWER	Lunge Matrix <i>Balance Trainer / Ball (DSU)</i>	<ul style="list-style-type: none"> • Stand in front with toes of back leg on dome • Holding ball, lower into deep lunge, ball to floor • Driving legs, lift ball to “clean” catch; push overhead 2x • Jump side; repeat clean/push sequence in sumo squat • Jump to front lunge; repeat; step to dome; repeat OS

Complex #4

CORE	Deadbug Bar Pass <i>Balance Trainer / Bar (1) (DSU)</i>	<ul style="list-style-type: none"> • Partners sit facing each other on front of dome • Partner 1 holds bar overhead; lean back (feet on floor) • Holding bar overhead, arc it R/L in “rainbow” • Partner 2 leans back, holds dead bug position (no bar) • Both roll forward to exchange bar; switch tasks
AGILITY	Multi-Directional TugAWar <i>Balance Trainer / Bar (1) (DSU)</i>	<ul style="list-style-type: none"> • Partners side by side on domes in v-sit, facing opposite • Hold bar at chest level; cooperatively tug (20 - 30 sec) • Kneel; lift bar overhead; cooperatively tug (20 - 30 sec) • Stand 1 leg, facing opposite; tug; repeat other side • Stand facing; finish sequence with “sandlot walkup”
METABOLIC	Parallel Bars Power Skip <i>Balance Trainer / Bar (2) (DSU)</i>	<ul style="list-style-type: none"> • Partners stand facing each other behind domes • Holding bars parallel, place L foot on dome, R back • Power skip 5x; opposition push/pull of bars • Lateral squat over top 5x; parallel push/pull of bars • Step to dome; jump stick 5x, rowing bars at sides
POWER	Rear Lunge Switch <i>Balance Trainer / Bar (2) (DSU)</i>	<ul style="list-style-type: none"> • Partners facing in lunge, L/dome, bar vertical in R hand • Step back L to floor lunge, lower bar; step to dome • Jump switch legs & release/switch bars; repeat 5x • Explosive split lunge jump with bar switch 5x • Hold last lunge; repeat entire sequence

Complex #5

<p>CORE</p>	<p>Supine Ball Pass <i>Balance Trainer / Ball (1:4) (DSU)</i></p>	<ul style="list-style-type: none"> • Team of 4; line up BTs with space between • Stand in front, facing same direction; #1 hold ball • Simultaneously squat to supine; hold & balance • Pass ball down line; squat to stand at end • Repeat pass down/back, then squat to stand • Repeat drill in “dead bug,” passing ball between feet
<p>AGILITY</p>	<p>Hopscotch <i>Balance Trainer / Bar (1:1) (DSU)</i></p>	<ul style="list-style-type: none"> • Team of 4; BTs touching; travel down line; run back • From end, sumo squat w/bar horizontal, touching dome • Hop to dome on one foot 2x; jump sumo; repeat OS on same dome • Jump forward; continue down line; run back to start • Repeat with 1x hop on each dome (both sides)
<p>METABOLIC</p>	<p>Attack the Line <i>Balance Trainer / Ball (1:1) (DSU)</i></p>	<ul style="list-style-type: none"> • Team of 8; BTs touching; travel down line • At end of line, set ball on floor and roll back to start • Drill 1: Leaping diagonal squat; slam ball laterally • Repeat 2x down line • Drill 2: Dome to dome jump; vertical ball shift on jump • Stick landing each jump; repeat 2x down line
<p>POWER</p>	<p>Low Lunge Power Squat <i>Balance Trainer (DSU)</i></p>	<ul style="list-style-type: none"> • Team of 8; BT's touching; travel down line 2x each drill • Start in low lunge at side of dome (inside leg back); fingers touching floor • Step 1 foot to dome in deep squat; explode vertically • Stick landing on dome; step to low lunge other side • Travel down line; run back to start

Summary

Teach individual skills within each drill

Build skills into drills

Practice individual drills with progressions/regressions

Link all four C.A.M.P. drills into a continuous complex with approximately 10 repetitions of each drill

Repeat complex for multiple sets

OR

Mix and match drills within a category and create new complexes

Thank you for attending this workshop!