



BOSU®

BALANCE TRAINER WALL CHART

CARDIO



SPLIT SQUAT OVERS



LUNGE POWER SKIP



STRADDLE JUMP



STRIDERS

STRENGTH/ENDURANCE



DOUBLE LUNGE



SQUAT TOUCH DOWNS



SQUAT PRESS



LATERAL LUNGE

CORE



LATERAL CRUNCH



SPIDER PLANK



EXTEND AND TUCK



SCORPION

MOBILITY



BUTTERFLY



TWISTER



WARRIOR



SPREAD EAGLE