



BOSU®

BALANCE PODS WALL CHART



SQUAT TOUCH DOWNS



ALTERNATING REAR LUNGE



BALANCED BIRD DOG



CLOCK TAPS



PLANK HAND WALK



PUSH-UP PLANK TAPS



BALANCE BRIDGE



FOREARM PLANK PRESS



PUSH-UP SIDE PLANK



SQUAT HOPS



SQUAT TO BURPEE



CROSS THE RIVER