

All New BOSU® Block Party 2009

BT = BOSU® Balance Trainer; BB = BOSU® Ballast Ball Drill

Section	Exercise/Drill	Description, Set Up and Execution
Warm-Up	Team "Arena" Drills	Place teams in rows and perform the following drills across the floor: <ul style="list-style-type: none"> •Knee hugs •Frankenstein kicks •Carioca (both sides) •Squat switch slides •Butt kicks •Sumo squat walk •Fast feet forward and back
Arena Drill #1	Partner 4-Point Touch	<ul style="list-style-type: none"> •Face a partner, stand 1 – 2' apart in a "star" shape with arms and feet wide •Partner "high 5s" both of their partner's hands, then squats down and touches their own feet •Other partner repeats the same movements •Each partner repeats 5 times
Station #1	Push, Kneel and Stand (BT)	<ul style="list-style-type: none"> •Kneel on BT, then lean forward into push-up position and perform 5x push-ups •Return to the kneeling position and then move into a standing position on top of the BT •Return to kneeling and repeat the push-up, kneeling, standing sequence
Station #2	Leapfrog Crunch (BB)	<ul style="list-style-type: none"> •With the BBs in a straight line, the team sits on front third of the BBs and performs 5x crunches •Front person runs to the back of the line and sits on the end BB •Rest of the team leapfrogs the BB in front of them and sits on that BB and repeats sequence
Arena Drill #2	Helping Hand Team Shuttle	<ul style="list-style-type: none"> •Form teams of 3, two people sit in a line on one side of the room, one sits on the other side •One person from the two person side stands, runs to other side, helps person up, sits down •Repeat the sequence until everyone returns to their start position
Station #3	Over the Top & Squat (BT & BB)	<ul style="list-style-type: none"> •Alternate placement of BTs and BBs in a straight line •Stand to the side of the first BT and perform an "over the top" movement •Step forward and turn to squat onto the BB that is next in the line •Repeat the sequence to the end of the line, then run back to the start position and repeat
Station #4	Dome Jumps (BT)	<ul style="list-style-type: none"> •Two BT per person, place the BT 2 – 3' apart, stand between BTs, facing another teammate •Jump right onto one BT, step back down, high 10 teammate •Jump left onto the other BT, and step down, high 10 teammate •Repeat the sequence
Arena Drill #3	Circle Secrets	<ul style="list-style-type: none"> •Group performs an easy run in a big circle •Participants who answer yes to instructor questions run to center and perform fast feet •Questions include: "Do you have 3 children?" or "Do you have a body piercing?" •Change the direction of the circle after each question
Station #5	Roll Over Plank & Crunch (BB)	<ul style="list-style-type: none"> •Sit on front third of BB, lie back into a supine position and perform 5x crunches •Roll off the BB to one side and perform a mountain climber •Roll back onto the BB, repeat 5x crunches, and perform mountain climber on the other side •Repeat the sequence
Station #6	Triple Squat & Freestyle Jumps (BT & BB)	<ul style="list-style-type: none"> •Hold a BB and stand on a BT •Squat down, rotate torso, lower BB and drop bounce BB on one side of the BT •Return to standing and raise the BB above the head •Repeat this sequence in front of the body and on the other side of the body •Set down the BB in front of the BT, and perform 3 freestyle jumps •Repeat the entire sequence 2 – 3 times total •Balance the BB on the platform side of the BT (team with most BBs balancing on BTs wins!)
Arena Drill #4	Circle Shuffle	<ul style="list-style-type: none"> •Form teams of 5 and stand in a circle •First person shuffles around outside of the circle both directions, then sits down in v-sit position •Each person performs shuffle until the entire team is seated
Station #7	Partner Straddle & Balance (BT)	<ul style="list-style-type: none"> •Face a partner while standing on top of BT about 1 – 2' apart •One partner performs 5 straddle downs, while other partner balances on one leg on top of BT •Partners switch roles and repeat
Station #8	Hip Extension Around the World (BB)	<ul style="list-style-type: none"> •Lie prone on a BB, while hands on the floor and legs parallel with floor •Slowly perform 5x hip extensions by raising and lowering the legs •Roll off BB, kneel on the floor and perform 3 around the world wave shifts in both directions •Repeat the sequence
Arena Drill #5	Team Relay Race	<ul style="list-style-type: none"> •Divide team in half and move to opposite sides of the room with a BT in the middle •First person runs with BB, performs 5 impact shifts on BT, then runs to other end, tags next person •Repeat until everyone has done the impact shift and moved to the opposite side of the room •Repeat the relay, but replace the impact shifts with wave shifts on the BB •First team done wins!

Thank you for attending this Master Class!

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