

BOSU® Cardio Express

1. Benefits to Cardiorespiratory Training on the BOSU® Balance Trainer

- A. Increased balance challenge
- B. Increase in physical intensity
- C. Pliable surface for propulsive movement
- D. Multiple Directions

2. Creating BOSU® Cardio Express DRILLS

Base Movement / Approach → Add On → STAR → DRILL

A. Base Movement – see chart for ideas

B. Approach – front, side, diagonal, top

A. Add On – add on to the base movement (floor, combine movements)

B. The **STAR** Factor

- **S** = Speed
- **T** = Timing / Time
- **A** = Air
- **R** = Range of Motion

3. Designing BOSU® Cardio Express WORKOUTS

A. Well Rounded Workouts

- Warm Up (3-5 min)
- Drills (12 drills – 1.5 minutes each)
- Recovery (15-30 seconds in between each drill)
- Cool Down (3-5 min)

B. Emphasis

- **CARDIO:** Steady State Training vs. Mixed Intensity Training
- **CHOREO:** Solo Sequences (drills) vs. Linked Sequences (combos)

4. Considerations

A. Exercise Order

B. Balancing Exercise Selection

C. Fatigue Factors

- Cardiorespiratory - On/Off the dome (height of dome)
- CNS - Choreography vs. Drills

BOSU® Cardio Express – The STAR Factor

| BASE MOVEMENT / APPROACH | | → | ADD ON | → | The STAR Factor | → | DRILL |
|---------------------------------|--|---|--------|---|--|---|-------|
| Basic Step | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Up & Over | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Alternating Single Tap | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Repeat Single Tap | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Alternating Multiple Tap | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Repeat Multiple Tap | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Squat | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Alternating Leap Stick | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Repeat Leap Stick | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |
| Jump Stick | <input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Top <input type="checkbox"/> Diagonal | | | | <input type="checkbox"/> Speed <input type="checkbox"/> Time / Timing <input type="checkbox"/> Air <input type="checkbox"/> Range of Motion | | |

BOSU® Cardio Express Sample Class

Warm Up:

- 4 Alternating Taps, 4 Marches on Top & 4 Marches on the floor
- Basic Step UP, Lateral Squat, Small Jump Stick & exit back
- 7 Alternating Knees with a Balance on #7 to change lead leg

Drills:

| # | Base Movement / Approach | | → Add On → | STAR Factor |
|----|--------------------------|----------|--|--|
| 1 | Basic Step | Front | 2x Step Touch (floor) | Add AIR & ROM to step touch |
| 2 | Squat | Side | Step onto the dome | Add ROM & AIR to step onto the dome |
| 3 | Alternating Single Tap | Top | Alternate high / low | Add SPEED |
| 4 | Alternating Single Tap | Front | Step knee lift on top, Step knee lift on floor | Add SPEED |
| 5 | Repeat Leap Stick | Side | | Add TIMING on floor and AIR to leap |
| 6 | Repeat Leap Stick | Diagonal | Approach with inside leg | Add ROM on exit (lunge) |
| 7 | Basic Step | Front | Add Out / In (floor) | Add AIR & ROM – out/in |
| 8 | Up & Over | Side | Add 2x Step Touch (floor / behind) | Add SPEED |
| 9 | Squat | Top | Add jump stick & fast feet | Add AIR & ROM |
| 10 | Up & Over | Front | Add exit front, back pedal | Add AIR on up & back |
| 11 | Repeat Leap Stick | Side | Add shuffle away from dome | Add SPEED |
| 12 | Repeat Leap Stick | Diagonal | Add Carioca around dome | Add ROM on diagonal stick and SPEED on carioca |

Cool Down:

- 4 Alternating Taps, Slow basic step up and down
- Slow basic step up, 3 Squats on top
- 7 Alternating Taps (on top), exit left (repeat)

Thank you for attending this workshop !
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