

BOSU® Core Flow

Add fresh elements to your core training by using innovative flowing exercise sequences to challenge your core musculature like never before. As you explore the unique properties of the BOSU® Balance Trainer and BOSU® Ballast Ball, you will discover new ways to challenge every muscle in your “power center” while simultaneously improving your overall movement capability. Enhance both variety and effectiveness as you learn to link “chains” of core movement in fluid patterns that will give you creative new ways to deliver serious results.

1. BOSU® Core Flow Overview

- A. Purpose: Train the core so that it is functionally capable of stabilizing and moving the spine, with the overall goals of developing the body's ability to move effectively, linking lower and upper body movement, and generating power from the core or “trunk power center.”
- B. Linking “Chains” of Core Movement Patterns
 - 1. Train the core as a mover for dynamic force production, using dynamic flexion, extension, lateral flexion and rotation
 - 2. Train the core as a stabilizer for isometric force production, using isometric contractions of key postural muscles in the trunk, spine, pelvis and shoulder girdle
 - 3. Train the core to link movement between the lower and upper body, using a variety of planes and body positions to stimulate kinetic chain movement
 - 4. Train the core as the trunk power center to teach the body to respond with the required stabilization or movement, and the right amount of force production
- C. Neutral and Reflexive Core Bracing
 - 1. Teach neutral bracing by isometrically contracting the abdominal muscles without pulling in or pushing out in order to “set” or stabilize the trunk with little or no movement in the spine or pelvis
 - 2. Teach reflexive bracing by consciously practicing neutral bracing during core drills and daily life, in order to transfer neutral bracing skills to a reflexive action

2. Teaching Core Movement Chains

- A. Introduce each skill with base movement, regressions and progressions
- B. Practice transitions from skill to skill
- C. Execute movement chain in sequence at a slow tempo
- D. Progress tempo and range of motion until chain is mastered
- E. Increase challenge with BOSU Balance Challenge Variables™

BOSU® Core Flow Movement Chains using the Balance Trainer

1) Base Skill	Description	Variables
Walking in and out of Prone Plank (Balance Trainer dome side up)	<ul style="list-style-type: none"> • Standing behind dome; "walk" down by placing hand, hand on dome, then foot, foot steps back to plank; "walk" back up in reverse order • Add front knee touch; side knee touch • Hold side knee touch on one side; Turn to side 	<ul style="list-style-type: none"> • Increase ROM • Vary tempo from slow to quicker
Side Plank Series	<ul style="list-style-type: none"> • Transition to side hip on dome; lateral stretch • Double leg lift; scissor R/L; top leg abducts • Lower legs; press lower arm straight to side plank 	<ul style="list-style-type: none"> • Lift leg to "star" balance
Prone "Star" Plank	<ul style="list-style-type: none"> • Transition to prone; hips centered on dome • Press to "star" plank with arms and legs flexed • Star balance; close arms/legs to prone balance • Transition back to start • Repeat OS from top of chain 	<ul style="list-style-type: none"> • Progress from flexed arms and legs to extended

2) Base Skill	Description	Variables
Squat to Seated V-Sit (Balance Trainer dome side up)	<ul style="list-style-type: none"> • Standing in front of BT; Squat and hover • Lower to seated on top of dome • Lift feet to v-sit position • Roll up to standing; roll down/up; squat to v-sit 	<ul style="list-style-type: none"> • Reach back w/one or both hands to dome • Release hands to balance
V-Sit Variations	<ul style="list-style-type: none"> • V-sit with toe drops • Transition to standing, roll down, squat to v-sit • V-sit with upper/lower counter rotation • Transition to standing, roll down, squat to v-sit • Seated bicycle w/heel taps or elevated legs • Transition to standing, roll down, squat to v-sit 	<ul style="list-style-type: none"> • Hands on dome or off for balance challenge • One foot tap for balance assistance
Supine Bicycle & Supine Stretch Series	<ul style="list-style-type: none"> • Squat to supine "dead bug" position • Supine bicycle with opposite arm/leg reach • Open and close trunk from supine position • Transition to standing, roll down, squat to supine • Hamstrings stretch w/spinal flexion; hip flexor stretch w/spinal extension; roll to standing 	<ul style="list-style-type: none"> • Short or long lever arm/leg • Increase or decrease ROM

3) Base Skill	Description	Variables
Standing Dynamic Movement Patterns (Balance Trainer dome side up)	<ul style="list-style-type: none"> • Standing behind BT; step up; side squat R/L; step down to the rear • Step up; rear angle squat R/L; step down to rear • Step up; rear lunge R/L with hand tap on dome • Step up; circle leg R/L; step down to the rear • Step up; kneeling walk down/up; step down rear 	<ul style="list-style-type: none"> • Vary ROM • Track head to rear angle
Kneeling Dynamic Movement Patterns	<ul style="list-style-type: none"> • Hold kneeling position • Kneeling hip hinge w/arms front; extend hips w/arm circle and tracking R/L • Kneeling hip hinge w/arms front; rotate to ankle touch R/L 	<ul style="list-style-type: none"> • Lift toes off floor • Regress w/o tracking
Opposite Arm/Leg Lift and Single Leg Balance	<ul style="list-style-type: none"> • Transition to quadruped position with one knee on dome • Opposite arm/leg raise; hold and abduct leg • Transition to vertical single leg balance; Repeat 	<ul style="list-style-type: none"> • Regress by keeping toes of back foot on floor

BOSU® Core Flow Movement Chains using the Ballast Ball

4) Base Skill	Description	Variables
Squat to Supine Movement Patterns (Ballast Ball)	<ul style="list-style-type: none"> • Standing in front of BB; squat; lower to supine w/lumbar spine centered on ball; squat to stand • Hold in supine position, arms open to sides • Lower torso to extension; curl • Hold curl; lift knee, push heel out, lift knee, lower foot to floor • Repeat curl (extend, flex) 4x • Squat to standing; Transition squat to supine 	<ul style="list-style-type: none"> • Reach back w/one or both hands to steady ball • Place hands behind head for support • Place hands on floor to assist balance
Supine Bridge Series	<ul style="list-style-type: none"> • Roll forward to bridge position, shoulders/head supported on ball • Shoulder roll side to side, arms up • Center flex hips then lift to hip/spinal extension • Squat to standing; Transition squat to supine 	<ul style="list-style-type: none"> • Place hands on floor to assist balance • Clasp hands overhead
Lateral Plank To Pike and Twist	<ul style="list-style-type: none"> • Roll to sidelying position with side hip centered on ball; hand on floor; scissor legs slightly • Laterally flex trunk; extend to "star" side plank • Pike and rotate torso toward floor; scoop top hand around front of ball • Transition squat to standing; repeat other side 	<ul style="list-style-type: none"> • Regress by keeping lower knee on floor • Lift upper leg while arm lifts • Lift hips and torso off ball and balance in pike/twist

5) Base Skill	Description	Variables
Double Arm/Leg Ball Pass (Ballast Ball)	<ul style="list-style-type: none"> • Lie supine on floor; flex knees over hips; hold ball between hands and above chest • Extend legs to 45 degrees off floor; extend arms simultaneously over head at same angle • Close back to start position; pass ball to ankles • Double arm/leg opening; pass back and forth 	<ul style="list-style-type: none"> • Practice movement pattern w/o ball initially • Increase opening angle for more challenge
Waterfall To Diagonal Arm/Leg Ball Pass	<ul style="list-style-type: none"> • Rest ball on shins; curl pelvis/posterior tilt • Rock and roll up to seated; roll ball down shins in "waterfall" motion to flexed spine • Roll back down to supine w/flexed knees • Repeat ball pass; arms & legs open diagonally 	<ul style="list-style-type: none"> • Press down with ball for more challenge • Open knees to facilitate flexion of trunk • Regress w/smaller ROM
Corkscrew	<ul style="list-style-type: none"> • Rock and roll up to seated; roll ball down shins in "waterfall: motion to flexed spine; roll to supine • Grip ball between ankles; flex knees slightly • Circle legs in "corkscrew" motion; reverse direction • Rock and roll up to seated; waterfall; hold seated position with ball on knees 	<ul style="list-style-type: none"> • Insert posterior pelvic tilts for more challenge • Slowly extend legs while circling
V-Sit with Lifting, Shifting and Shaking	<ul style="list-style-type: none"> • Sit with feet on floor; lean back slightly • Lift and impact shift 5x • Lift feet off floor to v-sit balance; impact shift 5x • Lower feet; pass ball side to side in overhead arc • Lift feet to v-sit; pass ball in overhead arc 	<ul style="list-style-type: none"> • Lift ball w/o impact shift • Regress with feet on floor

6) Base Skill	Description	Variables
Standing Lift and Shift Movement Patterns (Ballast Ball)	<ul style="list-style-type: none"> • Standing on floor, holding ball • Wide squat to smooth overhead lift & lower • Wide squat with lift and inward wave shift • Lunge w/diagonal reach from floor to overhead • Lunges w/diagonal ball roll on floor 	<ul style="list-style-type: none"> • Vary small to large ROM • Lift opposite leg for more challenge
Prone Plank Series	<ul style="list-style-type: none"> • Hold ball center; roll forward to prone plank with ball under upper thighs • Prone tuck with flexed knees and hips • Hip twist; side clamshell tuck to same side • Push-up with tilt; pike up with straight legs • Walk hands back; roll to standing; repeat OS 	<ul style="list-style-type: none"> • Shorten lever by placing ball under hips • Increase ROM for challenge
Seated Stretch and Balance Series	<ul style="list-style-type: none"> • Roll ball between legs and sit on ball • Lateral flexion to rotary torso with single leg lift • Side to side shuffle with braced core • Hold center; roll ball back through legs to front 	<ul style="list-style-type: none"> • Walk around ball to sit • Alternate sides each rep

Thank you for attending this workshop!

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