

# BOSU® Total Stretch

Get stretched, strong and centered in this one of a kind workshop that uses the BOSU® Balance Trainer and BOSU® Ballast Ball to add new elements of balance, agility and coordination to your flexibility routines. Learn stretching techniques to help prevent injuries, improve posture and reduce stress levels, as well as learn proprioceptive and sensory challenges that will produce results for both the body and mind. You will leave this workshop with a variety of routines for optimal stretching, with modifications for beginning through advanced levels.

## 1. Benefits to Total Stretch on the BOSU® Balance Trainer and the BOSU® Ballast Ball

- A. Increased balance challenge
- B. Increased opportunity for integrated stretching
- C. Comfortable/Assistive platforms for executing specific exercises

## 2. Total Stretch Principles

- A. Dynamic and static
- B. Passive and active

## 3. Designing Appropriate Total Stretch Program

- A. Student/Client considerations
  - 1. Individual skill level (incorporating the Balance Challenge Variables)
  - 2. Body alignment
  - 3. Real-life mobility and stability
  - 4. Ability to feel success
- B. Exercise design
  - 1. Time available
  - 2. Equipment available
  - 3. Balancing movements
  - 4. Type of class/ program

### #1: Ballast Ball (BB) Dynamic Standing Stretch Series

Stretch Exercise	Stretch Description
Dynamic lunges with ball roll to wide stance circles	<ul style="list-style-type: none"> <li>•Legs in wide stance lunge side to side</li> <li>•BB on the floor roll diagonally side to side</li> <li>•BB in hand circle to one direction</li> <li>•Repeat lunges and circle in other direction</li> </ul>
Wide stance with full body rotation	<ul style="list-style-type: none"> <li>•BB in hand full body pivot right and left with spinal rotation</li> <li>•Add full body rotation</li> </ul>
Wide leg squats to forward bend	<ul style="list-style-type: none"> <li>•Hold the BB in hand; squat and reach overhead, then hip hinge to forward bend; lift hands off ball</li> <li>•Dynamic into static</li> </ul>

Wide leg spinal flexion and extension to chest and shoulder opener	<ul style="list-style-type: none"> <li>•BB on floor, stay in squat; hands on BB, flex and extend the spine while holding forward flexion</li> <li>•Take one arm around the back into spinal rotation</li> <li>•Repeat on other side</li> </ul>
Diagonal lunge with lateral flexion	<ul style="list-style-type: none"> <li>•BB on the floor; lunge diagonally to one side; add lateral flexion over the ball</li> <li>•Fully extend the legs into side scissor; lift back to lunge and stand</li> <li>•Repeat to other side</li> </ul>
Arm circle to balanced side lying quad stretch into knee hug	<ul style="list-style-type: none"> <li>•Side lying with one hand on the floor (or hug the ball); take the top arm and reach back into a chest opener (dynamic arm circle)</li> <li>•In a side plank, bend the top leg; bring the free hand to the ankle and extend into a quad stretch; dynamic knee hug to quad stretch</li> <li>•Come to knee hug and cross top leg over support leg</li> </ul>
Seated cross over hip stretch	<ul style="list-style-type: none"> <li>•Cross top leg over and bend support leg; come to cross leg seated position on the floor beside the ball</li> <li>•Add lateral flexion over the ball as you move dynamically b/w seated stretch and lateral flexion</li> <li>•Finish with seated twist towards the ball; repeat on the other side</li> </ul>
Prone extension to child pose	<ul style="list-style-type: none"> <li>•Begin in prone lying position</li> <li>•Dynamic back extension with hands on the ball</li> <li>•Come to knees on floor to child pose; roll the ball side to side</li> </ul>
Cat/ Cow to thread the needle to chest and shoulder opener	<ul style="list-style-type: none"> <li>•From kneeling, move into dynamic spinal flexion and extension</li> <li>•Reach diagonally across into thread the needle stretch for the upper back and shoulder (palm up/ palm down)</li> <li>•Clasp hands together; bend elbows onto the ball and lower the upper body down to a shoulder and chest stretch.</li> </ul>

## #2: Ballast Ball (BB) Yoga Inspired Stretch Series

Stretch Exercise	Stretch Description
Squat with over head raise to standing forward bend to prone extension (modified sun salutation)	<ul style="list-style-type: none"> <li>•BB in hands; dynamic arm raises over head (add dynamic squats) with BB in hand</li> <li>•Forward bend to squat/stand; come to plank; lower to prone lying</li> <li>•Dynamic back extension with hands on the ball</li> <li>•Hold static back extension with hands clasped behind the back</li> <li>•Raise the arms and extend the spine; option to upward facing dog</li> </ul>
Prone lying quadriceps and hip stretch to plank lat and shoulder stretch	<ul style="list-style-type: none"> <li>•Begin prone with hands on the floor; lift one leg and bend the knee</li> <li>•Reach back with the same arm as the lifted leg to the ankle</li> <li>•Hold a static stretch; repeat on the other leg</li> <li>•Walk out to plank w/thigh support; press to lat/shoulder stretch;</li> </ul>
Dynamic leg extension into hamstring and calf stretch	<ul style="list-style-type: none"> <li>•Balance on one leg on the floor; rest the other foot on top of BB</li> <li>•Standing in neutral spinal/pelvic alignment, roll the ball out and in by flexing and extending the knee and hip</li> <li>•Hold the leg in the extended position and bend the support leg</li> <li>•Dynamically press up and down; hold at bottom and stretch</li> </ul>
Seated pelvic, lumbar, spinal, and neck mobility	<ul style="list-style-type: none"> <li>•Begin seated on BB, hands by sides;</li> <li>•Roll BB forward and back with anterior and posterior pelvic tilts</li> <li>•Roll BB side to side for lateral mobility; circle BB</li> <li>•Perform dynamic head tilts, head turns, diagonal tilts</li> <li>•Cross arms behind with back extension</li> </ul>
Side step to lateral reach	<ul style="list-style-type: none"> <li>• Begin seated on BB; step out to the side with one leg; reach with the same arm overhead to create a side stretch</li> <li>•Dynamically move from side to side</li> </ul>

Dynamic lunges to lateral flexion to lunge and Warrior 1	<ul style="list-style-type: none"> <li>•Step out to a wide seated lunge; dynamically lunge side to side with lateral overhead reaches</li> <li>•Rhythmic lunges slow to a hold with arm circle</li> <li>•Hold on one side and rotate the hips to a lunge with the ball supported under the front thigh</li> <li>•Bring the arms overhead to Warrior 1 pose; repeat on other side</li> </ul>
Seated incline to shoulder back bridge	<ul style="list-style-type: none"> <li>•Begin seated; walk feet forward and roll down the ball to an incline position, articulating through the spine to a shoulder bridge</li> <li>•Walk back to seated, articulating through the spine until upright</li> <li>•Walk back out to incline and bridge</li> <li>•Hold static bridge; interlace hands behind the hips to open the chest</li> </ul>
Thoracic extension	<ul style="list-style-type: none"> <li>•Begin in a seated incline position</li> <li>•Extend the upper back over the ball and reach out to the sides with the arms; repeat 2-3X dynamically</li> </ul>
Supine spine extension	<ul style="list-style-type: none"> <li>•Roll from seated to a supine position on the BB with lumbar support</li> <li>•Extend the arms overhead to a full spine extension</li> <li>•Option: extend the legs and reach toward the floor with the hands</li> </ul>
Supine hamstring and adductor stretch to figure 4 and butterfly	<ul style="list-style-type: none"> <li>•Begin seated on the floor; roll onto your back and place the feet on top of the BB</li> <li>•Extend one leg up into a hamstring stretch; roll the ball out with the other leg to a straight leg position</li> <li>•Bend the lower leg and roll the ball out to the side as you lower the lifted leg to the opposite side into an adductor stretch</li> <li>•Center the ball and move to figure 4 stretch with one leg crossed over; roll the ball in and out with lower leg</li> <li>•Place both feet on the ball; bring the bottoms of the feet together</li> <li>•Open the knees to the side and roll the ball toward the hips to butterfly pose</li> </ul>

### #3: Balance Trainer (BT) Dynamic Standing Stretch Series

Stretch Exercise	Stretch Description
Standing spinal mobility	<ul style="list-style-type: none"> <li>•Begin standing on BT dome; flex and extend the spine</li> <li>•Internally and externally rotate arms; cross arms behind the back to lumbar extension</li> <li>•Laterally flex with one or both arms extended overhead</li> </ul>
Side lunge with rotation to extended side angle	<ul style="list-style-type: none"> <li>•Begin standing on the BT dome; lunge off one side, dynamically move from standing to single leg lunge</li> <li>•Hold in static lunge bring one hand to the floor and reach with the opposite arm into rotation</li> <li>•Turn toward the BT into a lunge stretch</li> <li>•Open the hips and chest; come to an extended side angle stretch</li> </ul>
Standing arm circles, backstroke and rotation	<ul style="list-style-type: none"> <li>•Begin standing on top of the dome</li> <li>•Circle one arm at a time into a single arm backstroke</li> <li>•Move both arms in a full circle with spinal rotation</li> </ul>
Side lunge with rotation to extended side angle on other side	<ul style="list-style-type: none"> <li>•Begin standing on the BT dome; lunge off one side, dynamically move from standing to single leg lunge</li> <li>•Hold static lunge; bring one hand to the floor and reach the opposite arm into rotation</li> <li>•Turn toward the BT into a lunge stretch.</li> <li>•Open the hips and chest; come to an extended side angle stretch</li> </ul>

### #4: Balance Trainer (BT) Dynamic Relaxing Stretch Series

Stretch Exercise	Stretch Description
Cat/ cow with rotation to kneeling forward lunge to dynamic hamstring to quad stretch	<ul style="list-style-type: none"> <li>•Begin kneeling on the BT dome with hands on the floor; flex and extend the spine</li> <li>•Step forward with one leg to a lunge; move hips back to a hamstring stretch then forward to lunge</li> <li>•Hold the lunge; bend the back knee and reach back with the same side hand, grasping the ankle for a quad stretch</li> <li>•Return to kneeling on all fours</li> <li>•Repeat the lunge series on the other side</li> </ul>
Kneeling side lunge with lateral flexion to kneeling shoulder and chest opener	<ul style="list-style-type: none"> <li>•Step off to the side into a kneeling side lunge</li> <li>•Keep the inside leg on the dome with the leg straight</li> <li>•Reach the arm over into a lateral stretch</li> <li>•Open the arm back into a shoulder and chest stretch</li> </ul>
Plank to pigeon pose to prone extension	<ul style="list-style-type: none"> <li>•Begin kneeling on the dome; step back to plank</li> <li>•Flex and lift one knee and bring the leg around the front of the dome, knee turned out with hip supported on dome</li> <li>•Repeat plank to pigeon stretch on the other side</li> <li>•Lower to prone lying, and come to prone traction followed by extension with arm variations</li> </ul>
Side scissors to side balance quad stretch	<ul style="list-style-type: none"> <li>•Turn to sidelying position on the dome with one elbow on the floor</li> <li>•Bend the top leg into a quad stretch in sidelying position</li> <li>•Repeat on the other side</li> </ul>
Bent knee thoracic extension	<ul style="list-style-type: none"> <li>•Begin seated on the floor with bent knees and the back against the dome</li> <li>•Place the hands behind the head with elbows open</li> <li>•Extend back over the dome and relax</li> </ul>
Lumbar support knee hug to hip flexor stretch to hamstring stretch	<ul style="list-style-type: none"> <li>•Begin in a supine lumbar support position on the dome</li> <li>•Curl the upper body into a slightly flexed or neutral spine position</li> <li>•Hug one knee to the chest; extend the other leg along the floor</li> <li>•Extend the bent knee up to a hamstring stretch</li> <li>•Repeat on the other leg</li> </ul>
Straight leg spine extension	<ul style="list-style-type: none"> <li>•Move the hips higher up the dome</li> <li>•Relax back into a full back extension over the dome</li> <li>•Extend the arms overhead or out to the sides</li> </ul>
Seated twist	<ul style="list-style-type: none"> <li>•Roll from supine to a seated position on the dome</li> <li>•Rotate the torso right and then left to release the spine</li> </ul>

**Thank you for attending this workshop!**  
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