

BOSU® Crush It

BOSU Crush It Overview

- A. Why?
 1. Measurement is motivation
 2. Compare & compete
 3. Sense of occasion

- B. How?
 1. As a part of your regular workout for variety
 2. As the end of your regular workout as a finale
 3. As a part of an event

- C. What?
 1. Balance Challenge + 3 Balance Drills
 2. Core Challenge + 3 Core Drills
 3. Lower Body Strength/Endurance Challenge + 3 Lower Body Drills
 4. Upper Body Strength/Endurance Challenge + 3 Upper Body Drills
 5. Cardiovascular Challenge + 3 Cardiovascular Drills
 6. Agility Challenge + 3 Agility Drills

- D. Remember
 1. Power of teammates
 2. Safe haven
 3. Practice makes perfect
 4. Be smart, stay safe

2. BOSU® Crush It Challenges and Drills

Balance Trainer = BT Ballast Ball = BB Med Ball = MB

Balance Challenge – “Ten Point Hop”					
Goal	Measure single leg balance on unstable surface; determine weak links in kinetic chain and/or less dominant side.				
Set-Up	Stand with one foot on apex of dome. Lift opposite leg side in balanced position.				
Execution	Hop in quarter turns (1, 2, 3, 4), switch legs in pendulum motion (5), hop other direction in quarter turns (6, 7, 8, 9), switch legs (10). Continue, counting each hop as 1 count until balance is lost. Stepping off or touching lifted foot down ends test.				
Measure	Number of hops completed before touching down or stepping off				
Your Score		Common Score		High Score	

Balance Exercises	Progressions
Single Leg Landing Progression (BT)	Stand on floor; squat jump from two legs to single leg landing in center of dome; balance for 2 seconds; alternate sides Bonus Round: Jump from floor to dome; land on single leg and drive opposite leg through in "pistol" position
Lateral Leap Progression (BT)	Stand on floor to one side of dome; leap laterally to dome with inside foot; balance; leap to floor and cross back in lunge Bonus Round: Leap to dome; hop on top; leap to floor
Jump Stick Progression (BT and BB)	Stand on dome holding BB; jump and stick landing on dome; simultaneously impact shift ball; increase ROM of impact shift Bonus Round: Add quarter turns with ball arc overhead on turn

Core Challenge – "Supine Balance"					
Goal	Measure core strength and stability in supine position				
Set-Up	Lie with back on top of dome; lift one leg at a time until both are parallel to floor; extend both arms overhead until entire body is balanced parallel to floor				
Execution	Hold supine balanced position without tilting either direction; tilting until hands or feet touch, or curling trunk above parallel ends test				
Measure	Number of seconds that parallel position is held, up to 1 minute				
Your Score		Common Score		High Score	

Core Exercises	Progressions
Double BOSU 7-Level Plank (2 BTs)	Plank position with elbows on dome, feet on floor; hold each position for 15 seconds; 1) elbow plank; 2) lift R leg; 3) lift L leg; 4) lift R arm; 5) lift L arm; 6) lift R arm/L leg; 7) lift L arm/R leg Bonus Round: Perform with elbows on one and feet on other BT
Two-Point Touch Bicycle (BT)	Lie supine on dome in "dead bug" position; lower one leg until heel lightly touches floor; extend opposite arm until fingers touch floor overhead; switch arm and leg Bonus Round: Extend legs to straight position and "scissor" legs
Dual Instability Supine Bridge (BT and BB)	Lie supine with shoulders on BT and ankles on BB; place hands on floor; lift hips up to bridge and balance; lower/repeat Bonus Round: Hold bridge and roll ball slightly from side to side

Lower Body Strength/Endurance Challenge – "Split Lunges with Knee Touch"					
Goal	Measure lower body strength and endurance; assess L or R side dominance				
Set-Up	Stand behind BT; place one foot on dome; flex both knees to 90 degrees				
Execution	Jump from split lunge to split lunge, alternating sides; touch rear knee to side of dome each repetition; reps completed without knee touch are not counted				
Measure	Number of repetitions completed in 45 seconds				
Your Score		Common Score		High Score	

Lower Body Exercises	Progressions
<p>Hamstrings Curl (BT and BB)</p>	<p>Lie supine with shoulders on BT dome and heels on BB; hands on floor; lift hips up to bridge and hold; press heels down and curl legs with hip drive, rolling ball toward hips Bonus Round: Single leg curls with hip drive</p>
<p>Bulgarian Lunge (BT and BB)</p>	<p>Stand in front of BT with back foot on dome; plantar flex foot so shoelaces are on dome; lunge until both knees are flexed 90°; press back up to straight legs with optional hop off front leg each rep Bonus Round: Add Ballast Ball; lower to floor, then lift overhead</p>
<p>Power Skip Back and Side (BT)</p>	<p>Standing behind dome; place one foot on top of dome and extend other leg behind on floor; power skips with propulsion 4x back/4x side; switch legs and continue other side Bonus Round: Power skip 1x back/1x side</p>

Upper Body Strength/Endurance Challenge – “PSU Push-Up Ball Touch”					
Goal	Measure upper body strength and endurance; assess ability to stabilize core during dynamic upper body movement				
Set-Up	Place BT Platform Side Up (PSU); place med ball on floor in front of BT; set body in prone plank with arms/legs straight, chest over center of platform				
Execution	Lower chest to platform; reach forward with both arms and touch ball; bring hands back to platform handles; push-up; reps completed without ball touch not counted				
Measure	Number of repetitions completed in 45 seconds				
Your Score		Common Score		High Score	

Upper Body Exercises	Progressions
<p>Plank Walk-Ups (BT and BB)</p>	<p>Set plank position with elbows on dome, feet on floor; “walk” up R/L arm, then down R/L arm; change lead arm after each full repetition Bonus Round: Place feet on ball; “walk” arms up and down</p>
<p>Push-Up Tuck (BT and BB)</p>	<p>Set plank position w/hands on dome/legs on ball; lower to push-up; press back up to straight arms; tuck knees to chest and roll ball in Bonus Round: Flip platform side up; legs on ball; push-up with added tuck</p>
<p>Dive Bomber Press (BT)</p>	<p>Set plank position with hands on top of dome, feet on floor; lift hips to “down-dog” or inverted “V” position; bend elbows and lower until top of head almost touches dome; press back to straight arms Bonus Round: Lift one leg as high as possible; switch legs each rep</p>

Cardio Challenge – “Burpee Dome Jump”					
Goal	Measure short duration cardiovascular endurance at lactate threshold levels				
Set-Up	Stand behind dome; bend knees to wide squat and set hands just above dome				
Execution	Place hands on dome; jump or step back to full plank; jump or step forward to edge of dome; jump up on dome and lift arms overhead; jump or step down to start position; reps completed without lifting arms on jump up are not counted				
Measure	Number of times the full burpee dome jump sequence is completed in 45 seconds				
Your Score		Common Score		High Score	

Cardio Exercises	Progressions
Multi-Plane Reactive Running (BT)	*Instructor/Trainer gives commands to change direction Stand behind dome; run up and down from dome to floor; run laterally across dome with quick step down; run on top of dome Bonus Round: Increase speed and ROM by lifting knees higher
Lateral Power Over & Jump (BT)	Stand on floor to side of dome; place one foot on top; travel laterally over top of dome with power 5x; jump stick on dome; lower other foot and start power over from opposite side Bonus Round: Add squat jumps on top of dome 5x after jump stick
Front Jump Straddle Jump (BT)	Jump up front; step down into straddle; jump up from straddle; step down back Bonus Round: Jump up and down all directions

Agility Challenge – “Quick Feet Touch”					
Goal	Measures agility elements of quickness, coordination, reactivity and body control				
Set-Up	Challenger places one foot on dome and faces teammate who is standing on another dome; both teammates start in “high 10” position				
Execution	Jump and switch from side to side with foot touching dome and opposite hand touching foot 3x; then reach up and “high 10” partner; reps completed without the hand touching the opposite foot, or missing the “high 10” are not counted				
Measure	Number of times the sequence (3x quick switch/1x high 10) is completed in 45 seconds				
Your Score		Common Score		High Score	

Agility Exercises	Progressions
Cross Step Progression (Multiple BTs in Line)	Stand to one side, facing down line; cross step to dome; step down to floor; 2x then 1x each dome (stays on one side); repeat OS Bonus Round: Facing down line; zig-zag cross step over dome, cross/step down other side/step forward
Side Tap Forward Jump Progression (Multiple BTs in Line)	Stand on dome, facing down line; 4 alternating taps; jump stick together; jump to next dome; lead other side on taps Bonus Round: 3 taps; leap forward into 3 taps on other side
Walking Lunge Progression (Multiple BTs in Line)	Stand at end, facing down the line; walking lunges with knee tap on dome each lunge; stay low throughout Bonus Round: Walking lunges, skip a dome, with pop jump in lunge position each rep

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