

BOSU® Pilates 3D

1. Pilates with the BOSU® Balance Trainer and Ballast Ball

- A. Invisible Learning → Offers opportunity for brain and body to introduce new patterns.
- B. Easier exercises → more challenging
Examples:
 - 1. Pelvic Curl (Instability)
 - 2. Chest Lift (Fulcrum)
 - 3. Spine Stretch (Added Functional Load)
- C. Challenging exercises → more user-friendly
Examples:
 - 1. Hamstring Pulls (Feedback)
 - 2. Control Balance (Comfort)
 - 3. Teaser (Assistance)
- D. Inexpensive replacement for a variety of traditional props and equipment
Examples:
 - 1. Step Barrel
 - 2. Reformer
 - 3. Wunda Chair

2. Things to Consider

- A. Keep the BOSU® Balance Trainer dry
- B. Think of BOSU and Ballast Ball as compliments to Pilates repertoire.
- C. Find your sweet spot
- D. Clothing
- E. Consider lever length

3. Delivery

- A. Authenticity scale
- B. Progression / Regression filter
- C. Common sense

4. BOSU MVP!

BOSU® Pilates 3D Session Handout

Warm-up: (Pilates Apparatus Equivalent: Ballast Ball = Mat Challenge and Ballast Ball = Pilates Reformer Footbar)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Pelvic Curl * Spine Twist Supine * Foot Work Parallel V Position Single Leg	Lying supine, neutral pelvis, knees bent, feet hip width on Ballast Ball or BOSU. First 5-10: Lying supine, neutral pelvis, knees bent, feet on Ballast Ball. Second 5-10: Articulate up about 3 vertebra so low back is tucked and slightly lifted from floor.	
Core Sequence 1		
Exercise:	Description / Set Up:	Breath & Movement Pattern Notes:
* Double Leg Stretch (options to arm circle into overhead reach & side reach) * Single Leg Stretch * Criss Cross * Hundreds (options to teach this as chest lift, chest lift with rotation & single leg teaser)	Lying supine, low back on apex of BOSU in your sweet spot. Knees table top, heels on Ballast Ball, palms of hands pressing on tops of knees.	
Bridging / Spinal Articulation / Gluteals (Pilates Apparatus Equivalent: a. Bridging - Ballast Ball = Reformer Foot Bar, b. Gluteals - BOSU and Ballast Ball = Step Barrel)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Bottom Lift With Extension * Shoulder Bridge	Lying supine, neutral pelvis, knees bent, feet hip width on Ballast Ball.	
Gluteals Prone -Frog, Ext Frog, Reverse, Stag, Openings	Lying prone, pelvis on apex of Ballast Ball, palms of hands and forehead on BOSU dome, forehead on backs of hands down on floor.	
Full Body Integration 1 (Pilates Apparatus Equivalent: BOSU = Reformer Headrests, Ballast Ball = Reformer Foot Bar)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Front Support * Leg Pull Front * Pilates Push-Up's	Plank position, hands on outside of BOSU and legs on Ballast Ball.	
Spinal Articulation		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Roll-over * Jackknife	Lying supine, shoulder girdle on floor and gluteals near apex of BOSU, palms of hands pressing on sides of BOSU. Legs extended on diagonal so body is in a long straight line. - Ballast Ball positioned above head. - Optional: Can do this with Ballast Ball only.	

Elongation Sequence		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Spine Stretch * Saw * Spine Twist	Sitting on apex of BOSU, spine extended towards ceiling, knees straight, feet shoulder width apart (dorsi flexed), arms out in front of you holding Ballast Ball.	
Core Sequence 2		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Hamstring Pull 1 * Hamstring Pull 2 * Hamstring Pull 3	Lying supine, low back on apex of BOSU in your sweet spot. One leg extended to ceiling, one leg extended parallel to floor and tapping Ballast Ball, hands holding ankle of foot towards ceiling.	
Arms Supine (Pilates Apparatus Equivalent: Ballast Ball = Step Barrel, BOSU = Floor)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Hug a Tree * Up Circles * Down Circles * Changes * Helicopter (option to all of these arm positions kneeling on BOSU dome to shift center of gravity)	Supine, shoulder girdle and cervical spine on Ballast Ball with toes on BOSU and in reverse plank position. Arms extended towards ceiling with a soft bend in elbows. More Challenging: Have upper body slightly off the Ballast Ball and add chest lifts in between repetitions to challenge rectus abdominus.	
Full Body Integration 2 (Pilates Apparatus Equivalent: Ballast Ball = Wunda Chair Seat, BOSU = Wunda Chair Foot Pedal)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Lower Torso Press * Lower Torso Press - Single Leg	Sits bones up on apex of Ballast Ball with arms behind on wide parts of BOSU. Legs extended on high diagonal.	
Back Support	Sitting, gluteals up against BOSU base, arms behind on wide parts of the BOSU and calves or heels on Ballast Ball.	
Snow angel	Lying supine, low back on apex of BOSU in your sweet spot. Knees table top, arms reaching to ceiling.	
Core Sequence 3		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Teaser Prep * Teaser * Teaser w. Leg	Sitting on floor, legs extended out on high diagonal with knees straight, heels resting on Ballast Ball, spine straight and arms parallel to floor.	
Full Body Integration 3 (Pilates Apparatus Equivalent: BOSU = Reformer Foot Bar or Wunda Chair Seat, Ballast Ball = Reformer Headrests or Wunda Chair Foot Pedal)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Knee Stretch * Full Pike	Plank position with palms of hands on wide parts of BOSU dome and shins or feet extended out on Ballast Ball.	

Arms Sitting		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
-rhomboids -row&rotate -wide arms -wd arm rot -biceps	Sitting upright on Ballast Ball with spine stacked. Feet hip width on BOSU dome with flat band underneath soles.	
Core Sequence 4		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Corkscrew Prep * Corkscrew * Rolling Like a Ball	Lying supine, shoulder girdle on floor feet holding each side of Ballast Ball, palms of hands pressing into floor. Legs extended towards ceiling, knees straight.	
Lateral Flexion (Pilates Apparatus Equivalent: Ballast Ball = Step or Ladder Barrel, BOSU = Floor)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Upper Torso Side Lifts * Side Kick Kneeling * Gluteals Side	On one side, knee on apex of BOSU and Ballast Ball under curvature of waist. Top leg extended out parallel to floor. Bottom arm lightly touching floor and top fingers behind head or option to leave top arm long for variety.	
Back Extension (Pilates Apparatus Equivalent: Ballast Ball = Barrel or Reformer Long Box, BOSU = Floor)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Swan * Swan Dive * Pulling Straps	Prone, pelvis on or near apex of Ballast Ball and tip toes on BOSU. Hips externally rotated, upper body rounded over Ballast Ball with fingers interlaced behind head.	
Elongation Sequence / Cool Down (Pilates Apparatus Equivalent: Ballast Ball = Trapeze Table Push Through Bar or Reformer Foot Bar, BOSU = Reformer Carriage)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Cat Stretch Kneeling * Side Stretch * Mermaid	Kneeling, knees hip width distance apart on BOSU dome and fingers on Ballast Ball. Spine stacked. Then, sitting on BOSU dome, feet together and knees bent. Ballast Ball out to side with one palm of the hand on apex.	