

BOSU® Tri Planar Core Training

I. Introduction

- A. BOSU® Tri Planar Core Training techniques are designed to enhance movement performance and effectively challenge every muscle in your "power center".
- B. Using the BOSU® Balance Trainer and BOSU® Ballast® Ball, experience challenging core exercises that utilize multiple planes of motion and link the core to whole body movement.
- C. Improve your overall movement capabilities and learn new exercises that are designed to deliver results.

II. Tri Planar Core Training Guidelines

- A. Train the body in a wide variety of positions with multiple joint actions in the three planes of motion: sagittal, front, transverse
- B. Utilize BOSU® equipment to enhance core training by adding dynamic training surfaces
- C. Choose movement patterns that challenge the core in the functional capacity to both stabilize and move from the trunk "power center"
- D. Link chains of core movement patterns and integrate movement between the upper and lower body
- E. Train the core as a mover for dynamic force production
- F. Include reactive trunk bracing, stability and movement exercises

III. BOSU® Tri Planar Exercise Design

- A. Introduce each skill with base movement, regressions and progressions
- B. Select exercises based on client comfort and skill level
- C. Each exercise series has a movement focus and intention for training
- D. Choose the exercise series individually or group them together

IV. Progression and Regression with the BOSU® Balance Challenge Variables

- A. Contact Points
- B. Visual Affect
- C. Movement
- D. External Stimulus
- E. Combining the Variables

BOSU® Tri Planar Core Series

Tri Planar Core Series	Equipment/Position
Warm Up	
Squat with overhead swings <ul style="list-style-type: none"> - Figure 8 Standing back stroke <ul style="list-style-type: none"> - Rotation Alternating squats with lateral flexion <ul style="list-style-type: none"> - Rotation 	Standing on top of the BOSU® Balance Trainer with BOSU® Soft Fitness Ball.
Squat to Supine	
Squat to sitting, roll back (single leg squat) <ul style="list-style-type: none"> - Straight leg oblique curl, stand up Stay on top for static table top <ul style="list-style-type: none"> - Supine balance into curls to balance - Oblique roll back with single leg extension and lateral reach 	Standing in front of the Balance Trainer dome with ball in hand.
Full Body	
Standing roll down to plank to push-up <ul style="list-style-type: none"> - Recoils push-up R/L - Staggered push up R with recoil push-up to side T stand R - Repeat on the other side Plank to step up on dome, roll up to standing	Standing on top of the Balance Trainer dome.
Lunge to Plank	
Plank <ul style="list-style-type: none"> - Leg thread - Scorpion - Combine Bulgarian lunge with the back foot on the ball <ul style="list-style-type: none"> - Lunge to single leg plank Combine all movements together Repeat on the other leg	Hands on the Balance Trainer dome Standing with the Balance Trainer dome in front and the Ballast® Ball (BB) behind.
Back Extension	
Plank to prone back extension <ul style="list-style-type: none"> - Prone spinal extension - Prone hip extension with BB lift - Prone balance with BB lift 	Hands on Balance Trainer dome with the Ballast® Ball behind.
Plank Variations	
<ul style="list-style-type: none"> - Plank prone running - Tucks to single leg tuck - Childs pose 	Hands on Balance Trainer dome with feet on the Ballast® Ball.
Dynamic Core Burpee	
Lateral burpee, pick up the BT reach overhead, down to floor, jump to plank <ul style="list-style-type: none"> - Split lunge R and L (4,2,1) - Frog jump to plank jump - Tilt R and L (single leg) - Jump in, forward fold 	Standing with the Balance Trainer platform side up.
Stand to Kneeling	
Standing to kneeling <ul style="list-style-type: none"> - Standing balance to kneeling balance - Hip hinge with leg extension - Drop push-ups (single leg) - Quadruped position with same arm and leg lift Stand and repeat on the other side	Standing to kneel on top of the Balance Trainer dome.

Lateral Chain	
Kneeling side bend leg balance <ul style="list-style-type: none"> - Side T stand - Dynamic opposite arm/leg sweep - Lateral flexion - Side balance 	Kneeling on the Balance Trainer dome with the Ballast® Ball to one side.
Roll out	
Kneeling to Standing <ul style="list-style-type: none"> - Squats with rotation - Squat hold with ball circles - Standing to kneeling balance - Forearm plank to roll out (advance to single leg lift) 	Standing on top of the Balance Trainer dome with the Ballast® Ball in hand. Kneeling on Balance Trainer dome with the Ballast® Ball in front
Back Bridge	
Shoulder bridge <ul style="list-style-type: none"> - Hip lift (center and lateral) - One leg on the floor with diagonal leg swing and hip lift R - Hip lift with stutter step - One leg on the floor with diagonal leg swing and hip lift L 	Supine with shoulders on the Balance Trainer dome and feet on the Ballast® Ball.
Stretch	

Notes: