

# BOSU® Dimensional Core Training

Advance your core training techniques by taking a global approach as you explore multi-dimensional methods to effectively produce power and improve core function. Learn a series of integrated core exercises to mobilize, stabilize and strengthen the core, giving you greater ability to access the core for optimal function. Dimensional core training delivers results!

## Introduction:

Efficient movement is a constant give and take between mobility and stability, with each segment of the body and its unique movement capabilities influencing all the other segments. When mobility and stability are in balance, and all segments are synchronized, movement is graceful and potentially powerful.

## Dimensional Core: Finding Balance

- Mobility: Poor movement skills translates to decreased performance strength
- Stability: Poor movement stability puts undue stress on joints and decreases movement efficiency
- Sequential Innervation: Retrain to fire the muscles sequentially with a balance of mobility and stability for efficient and effective movement

## Defining Functional Core

Movement efficiency through the core body, this includes the trunk, hip and shoulder complex.

## Common Imbalances

Lower Body:	<ul style="list-style-type: none"><li>- instability in the ankle and lack of dorsiflexion decreases posterior chain activation when standing</li></ul>	kneeling ankle mobility
Hip:	<ul style="list-style-type: none"><li>- weak hip stabilizers may cause inward knee tracking</li><li>- lack of mobility decreases movement performance and causes excessive strain to the low back</li></ul>	low lunge
Low Back:	<ul style="list-style-type: none"><li>- the low back requires stability to absorb and generate forces</li><li>- lack of stability increases lumbar strain</li></ul>	prone stability
Mid Back:	<ul style="list-style-type: none"><li>- the mid back requires mobility to decrease the stress to the low back and shoulder girdle</li></ul>	prone mobility
Shoulder Girdle:	<ul style="list-style-type: none"><li>- the shoulder girdle requires posterior stability and anterior mobility for effective movement and decreased strain to the shoulder joint</li></ul>	plank

<b>BOSU® Dimensional Core Series</b>	<b>Position</b>
<b>Warm Up</b>	
Standing spinal roll down, roll up with spinal extension Roll down to squat to overhead reach, stand with chest opener Kneeling on the dome with backstroke with forward lean All 4's cat and cow stretch, thoracic roll Plank to thoracic extension Downward dog with ankle mobility Lunge to the right with hip opening, repeat on left Forward bend, hip hinge to standing Repeat	Standing on top of the BOSU® Balance Trainer (BT)
<b>Series 1: Walk This Way</b>	
Walking lunge forward with rotation on the floor, lunge onto the dome Side squat with hip hinge forward bend, low squat with arms overhead Low squat on top with hip hinge forward bend, lift to arm extended behind the head Reverse lunge to the floor, reverse lunge on the floor with arms overhead Repeat on the other side	Standing behind the BOSU® Balance Trainer
<b>Series 2: Frog Rock</b>	
Wide squat to standing picking up the BT In low squat, rock the BT forward, lift the heels, rock back into frog (advance to lift the feet) Jump back to plank Pigeon stretch on one leg, lift up to plank in pigeon (repeat) Jump to plank Repeat pigeon stretch to plank in pigeon on the other side	Standing behind the BOSU® Balance Trainer in platform side up position (PSU)
<b>Series 3: Lateral Lunges</b>	
Standing beside the dome in a lunge, stationary lunges with hands to the floor and lateral flexion (repeat) Hip to dome to lateral balance return to lunge (repeat) Lateral traction (cross the bottom ankle and pull the top wrist) Dynamic lateral lifts into lateral balance Back to standing lunge Repeat on the other side	Standing to the side of the BOSU® Balance Trainer
<b>Series 4: Get Down</b>	
Stand on top of the dome, lift one leg to a knee balance, come to kneeling knee balance Hip hinge with leg extension balance, kneeling alternate arm and leg extension (quadruped) Quadruped to lateral balance (dynamic) In lateral kneeling balance add a lateral crunch and bent knee hip extension Quad stretch to cross over hip stretch Repeat on the other side	Standing on top of the BOSU® Balance Trainer
<b>Series 5: Core Twister</b>	
Stand on top of the dome and squat with core twist Step to T stand, lift top leg Step to lunge with lateral flexion Step to T stand, lift bottom leg Step to lunge with lateral flexion Step to plank, recoil pushup to thoracic extension Thoracic and hip extension rock Plank, jump up on top of dome Repeat on the other side	Standing on top of the BOSU® Balance Trainer

<b>Series 6: Roll and Release</b>	
<p>Kneeling to one side of the BT, place one shoulder on the dome, reach the top arm over to the opposite side for chest opening and thoracic spine extension. Repeat</p> <p>In the same position lift the bottom hip off the floor in a side balance position. Repeat the chest opening movement</p> <p>Seated Figure 4 hip stretch</p> <p>Shoulder bridge on the dome in a figure 4 leg position. Dynamic hip extension (advance to hip circle)</p> <p>Repeat the chest and thoracic mobility series on the other side</p> <p>Shoulder bridge on the opposite side</p> <p>Shoulder bridge with parallel legs with alternate vertical arm reaches (dome compressions)</p> <p>Shoulder bridge with parallel legs with alternate overhead reaches</p> <p>Butterfly hip opener into dynamic hip extension with overhead reaches</p> <p>Hip extension with external rotation of the hips</p>	<p>Kneeling beside the BOSU® Balance Trainer</p>
<b>Series 7: Upside Down and Down Side Up</b>	
<p>Part 1: Seated on the BT crossed legged, stretch forward bend, roll back to cross legged supine balance, repeat with the other leg front, repeat</p> <p>Add straight leg crunch and oblique crunch</p> <p>Part 2: Plank with feet on the BT, jump to tuck, jump to plank</p> <p>Oblique tuck to single leg balance R and L</p> <p>Combine Part 1 and 2</p>	<p>Sitting on the BOSU® Balance Trainer</p>
<b>Series 8: Mobility</b>	
<p>Seated cross legged tri-planar triple stretch (diagonal front (R), lateral (L), lateral (R), diagonal front (L), Lateral (R), Lateral (L), repeat) 3X</p> <p>Seated twist to full body extension repeats 3X. Repeat with the other leg crossed in front</p> <p>Forward bend to reverse plank</p> <p>Side lying dynamic chest opener and thoracic extension (repeat on other side)</p> <p>Dynamic squat to straddle forward bend, kneeling lateral adductor stretch to cross over stretch, kneeling hip flexor stretch (repeat on other side)</p> <p>Plank to hip extension (repeat on other side)</p> <p>Wide lunge to twist to quad stretch (repeat on other side)</p> <p>Rest in child's pose</p>	<p>Sitting on the BOSU® Balance Trainer</p>

**Learn More!**  
**Text BOSU to 66866**

**www.BOSU.com**