

BOSU® On The Minute

I. Introduction

- A. BOSU® On The Minute training provides a high-intensity workout with the added impetus to work faster in a race against a timer
- B. Full-body functional movements and training methodologies within each complex harness greater levels of motivation, variety and friendly competition
- C. Although intense, participants of all levels can benefit from the workout with the use of modifications and BOSU® Balance Challenge Variables
- D. HIIT training provides greater levels of VO2 max, increased caloric expenditure over shorter periods of time and improved body composition changes

2. Benefits

- A. Requires on average 3-4 movements to cover each 8-10-minute section in class
- B. Musical knowledge is not necessary as music is used as background motivation
- C. Only a stopwatch or timer app is necessary to coach the session/class
- D. Repetition allows participants to commit to movement and develop skill patterns
- E. Workout can be hard or easy, based on your client/participant demographic
- F. Easy to plan with minimal exercises needed for a 45-60 minute experience
- G. Is scalable for personal training, small or large group exercise

3. Protocol

- A. Include fundamental movement patterns in the programming – push, pull, bend, rotate, squat, lunge and gait
- B. Be mindful of intensity levels between complexes if using this format to service longer session durations – mix it up!
- C. Find music that is both fast (145 – 155 BPM) and aggressive to provide motivation
- D. Plan adequate rest times between complexes and encourage participants to modify as needed. Use this as a whole session or as a part-session metabolic booster to provide increased gains post-session/class
- E. Make transitions quickly. Plan and make sure that where one movement ends, the next starts, and that equipment is ready and in place

BOSU® On The Minute – Peripheral Heart Action (PHA)

PHA training involves alternating workloads between the upper and lower body. This results in more repetitions being performed within a specific time period as lactic acid doesn't have the ability to localize and build up in the muscle.

EQUIPMENT	EXERCISES	REPS	NOTES
A – BOSU® Balance Trainer (BT)	1/2 Drop Lunge + Drop Push-up + return to standing	4	Start straddling the BT; drop R knee to face the side, then L knee before doing a Drop Push-up
B – BOSU® Balance Trainer (BT) and Ballast® Ball (BB)	Drop Squat Roll-up + Toy Soldier x 2	2	Sit and touch the BB overhead before standing; kick the straight leg up twice
C – BOSU Balance Trainer (BT)	Jump up/down + Donkey Kick	4	Jump up and down then place hands on the dome kicking up behind

BOSU® On The Minute – Plyometrics

Plyometrics simply means to jump. The idea behind this complex is to be as short, sharp and as efficient with your movements as possible to get them down in the quickest possible time. The exercises in the complex are based around muscles having to exert maximum force in as short a time as possible, with the goal of increasing both speed and power.

EQUIPMENT	EXERCISES	REPS	NOTES
A – BOSU Ballast Ball (BB)	Tornado Lunge with Overhead Press	8	Start one foot in front of the other; jump, switching legs; raise the BB overhead on each rep
B – BOSU Balance Trainer (BT) and Ballast Ball (BB)	Springboard Jump with Floor Touch x 2 + Lateral Taps x 8	2	Start on top; jump down twice with a BB floor touch; eight fast side taps shifting the BB laterally
C – BOSU Balance Trainer (BT)	Walkout to Plank + Plyo Push-up x 2 + Walk Back to Stand + Tuck Jump x 1	2	Walk your hands to the outside of the dome; plyo up and down twice; walk back and tuck jump once standing

BOSU® On The Minute - Core

Stability and torso integrity as an athlete is paramount. Even if you're not operating at high performance levels, having a strong core is vital for functional movement.

EQUIPMENT	EXERCISES	REPS	NOTES
A – BOSU Balance Trainer (BT)	Side Burpee x 2 + Mountain Climber x 8	1	Platform side up; jump into a 90° Side Burpee; jump down into 8 runs
B – BOSU Ballast Ball (BB)	Supine Pike x 2 + Prone Swimmer x 8 + repeat other side	1	Transition onto your back; lift the BB to touch the toes twice; roll over; kick the feet 8 times holding the base of the BB; repeat
C – BOSU Balance Trainer (BT) and Ballast Ball (BB)	BB Fast Shifts R x 4 + L x 4 + Roll-out to Elbow Shifts x 8	1	Standing on the BT dome; circle shift 4 times each direction; roll out to elbow quad position; move the elbows fwd/bwd 8 times

BOSU® On The Minute - Partner

The sequencing in this complex has you working with a partner. Having someone to feed off is a great motivational tool.

EQUIPMENT	EXERCISES	REPS	NOTES
A – BOSU Balance Trainer (BT) and Ballast Ball (BB)	BOSU Run Fwd/Bwd + Lateral Run Over & Back	4	Place the BB between both BTs; run forward then backward around the BTs; lateral run (1.2.3) over and back
B – BOSU Balance Trainer (BT) and Ballast Ball (BB)	Tricep Push-up x 4 + Hopscotch x 8	1	Push-up then clap alt. hands over the BB; stand up; jump down and land with alternating single leg on the dome
C – BOSU Balance Trainer (BT)	V-sit BB Toss x 8	1	Sitting on the BTs facing the same way; toss the BB to each other - change sides each minute

BOSU® On The Minute - Meltdown

The idea behind Meltdown is to provide a lasting metabolic effect from our HIIT workout. This will leave you burning more calories post-workout and increase fat loss both in and after your workout

EQUIPMENT	EXERCISES	REPS	NOTES
A – BOSU Balance Trainer (BT) and Ballast Ball	Plank Jacks	8	Place your hands on the BT Platform Side Up (PSU) and feet on the BB; jump down and up 8 times
B – BOSU Balance Trainer (BT)	X-Pop Press	8	Flip the BOSU Dome Side Up; lay prone and plyo 'pop' up and down with arms and legs wide
C – BOSU Balance Trainer (BT)	360° Front Tap Runs both directions + Tuck Jump x 4	1	Circle around the BT tapping alternating feet on top of the dome; stand on top and tuck jump and stick four times

Find us on Facebook at “The Official BOSU® Fan Page”
Follow us on Twitter @BOSUFitness

www.BOSU.com

Learn More!
Text BOSU to 66866