

BOSU® Complete Workout System

The BOSU® Complete Workout System will provide you with the formula to make the BOSU® Balance Trainer more effective in your club, your classes and with your clients. The course will take you through the BOSU® system, step by step, and provide you with workouts that you can start using right away. You will leave this course with knowledge of the science behind functional balance training, teaching skills to accommodate all levels of fitness, and new tools and ideas for designing endless BOSU® workouts that are effective and fun!

1. Balance training overview

- A. Why do we need to do it?
 - 1. Average adult
 - 2. Athlete
 - 3. Older adult
- B. Why has balance training become so popular?
- C. Why the BOSU® Balance Trainer?

2. Evolution of BOSU®

- A. IBT → Pro Series → Sports Series → **BOSU® Complete Workout System!**
- B. What is next?

3. How the BOSU® Complete System works

- A. Laminated workout charts
 - 1. Upper Body Workout (15 and 30 minute)
 - 2. Lower Body Workout (15 and 30 minute)
 - 3. Total Body Workout (15 and 30 minute)
 - 4. Core Workout (15 and 30 minute)
 - 5. Athletic Circuit Workout (30 minute)
- B. DVDs
- C. Manual

4. The key to the system - Balance Challenge Variables

- A. Contact Points
- B. Visual Affect
- C. Movement
- D. External Stimulus

5. Equipment

- A. BOSU® Balance Trainer
 - 1. Platform up
 - 2. Platform down
- B. Soft weighted fitness balls
- C. Weighted bars
- D. Dumbbells

6. Who is the system for and how can/should it be used?

- A. Group Exercise Instructors
- B. Personal Trainers
- C. Program Directors/Club Owners

7. Important things to consider

- A. Warm-up and cool-down
- B. Skill level/Progression (incorporating the Balance Challenge Variables)
- C. Fatigue
- D. Using common sense

7. Sample Workouts

Thank you for attending this workshop!

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