

## BOSU EXERCISES FOR BALANCE%0A

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## BOSU Ball Exercises to Use on a Balance Trainer ...

The BOSU Balance Trainer, often shortened to just BOSU ball, was invented in 2000 by David Weck as a more stable alternative to the traditional stability ball. BOSU, which stands for "both sides utilized," has a flat platform on one side and a squishy rubber hemisphere on the other, making it look a little bit like a stability ball cut in half.

### 10 Beginner BOSU Balance Trainer Exercises - Verywell Fit

If you want to add both intensity and a little more fun to your workouts, try incorporating a BOSU Balance Trainer. With one side a flat platform and the other a flexible dome, kind of like half of an exercise ball, the BOSU allows you to work on multiple aspects of fitness and exercise.

### BOSU Balance Exercises | 7 Basic BOSU Exercises to Try

The BOSU is an effective tool for training both static and dynamic balance, as well as training motor skills, kinesthetic awareness and proprioception. This basic balance sequence provides progression tips to help you adapt the exercises to the fitness levels of your clients, and helps them build the foundation they need to pursue more.

### 10 BOSU Ball Exercises to Work Out Your Core & Improve Balance

**BOSU Ball Exercises** This full-body fitness routine requires balance and coordination in order to perform exercises on an unstable surface. Try these at home or at the gym for a fun new way to mix up your workout and prepare to engage your core.

### 41 Exercises to Do on a Bosu Ball - Philadelphia Magazine

41 Exercises to Do on a Bosu Ball. Be baffled by the Bosu no more! Here's how to work your arms, legs, abs and more on a Bosu ball. By Emily Leaman 4/16/2013, 12:54 p.m. Print; Get wellness

### 6 Quick BOSU-Ball Exercises | Real Simple

The BOSU (both sides utilized) ball makes exercise extra challenging. With a flat platform on one side and a rubber dome on the other, the tool adds an element of instability to your workouts, forcing you to use your core to stay steady. BOSU workouts can also help improve your strength and balance, which is important for preventing injuries, says Rustin Steward, a trainer at Reebok Sports.

### 10 BOSU Ball Ab Exercises that will Transform your Core

In this article, we look at five of the most efficient BOSU ball ab exercises that when done regularly will enable you to quickly strengthen your core and tone your abdominal

muscles and obliques. The BOSU ball differs from a traditional fitness ball in that it is flat on one side with a dome on the other side. It can be used with the flat side