Shift, March, and Run
Warm up by standing on the BT and shifting your weight from foot to foot, using arms for balance. Repeat for 10 reps on each side, and then march for 10 reps on each side. If you feel comfortable, take it up into a light jog for 10 reps on each side. Repeat the series 3 times.

Triple Squats
Stand sideways to the BT and place the right foot on top. Squat down and then push up, stepping onto the dome and lowering into the squat. Step to the other side and squat, continuing back and forth for 30 to 60 seconds.

Alternating Lunges
Stand on the ball and take left foot diagonally behind you, punching left arm across the body. Bring the foot back and switch legs. For high impact, begin with your foot on top, other foot lunging back. Jump up and switch so that the one foot lands in the middle of the BOSU and the other foot lunges. Repeat for 30 to 60 seconds.

Heel Digs
Stand in front of the BT and place the right heel on the dome. Return to start and repeat with the left foot, moving as quickly as you can and allowing the heel to bounce off the dome. To make it harder, add a jump and switch the feet in the air. Repeat for about 30-60 seconds.

Push Step
From the Heel Digs, step the right foot on top of the dome, push back and repeat with the left foot moving as quickly as you can. Make it harder by bending into a lunge, or you can even add a hop as you push off the dome. Repeat for 30-60 seconds.

Basic Stance
Stand with both feet on the dome, placing them on either side of the bull’s eye. By simply standing, you’ll feel your feet moving and your torso contracting in order to find your balance. Add difficulty by raising the arms overhead or closing your eyes.
Compressions
From Basic Stance, shift weight from foot to foot using arms for balance. Keep shoulders and hips straight. To make it more difficult, march or run on top. Repeat for 30-60 seconds, then step off the dome and march in place to rest your feet.

Squats
Stand on the dome with feet slightly forward of center. Bend your knees and squat, as though you’re sitting back in a chair. Keep your back straight and your torso up and extend your arms out to help your balance. Lower as far as comfortable and push up. Repeat for 8-16 reps.

Hip Extension
Get on all fours with the knees on the dome, hands on the floor. Lift the left leg up to hip level, keeping the knee bent, and press the heel towards the ceiling. Lower and repeat for 8-16 reps before switching sides. Make it easier by keeping the toes of the bottom foot on the floor for balance.

Basic Crunch
Sit on the dome with the hips towards the bottom of the dome, knees bent. With hands behind the head or across the chest, roll back until you feel a stretch in the abs. Then contract the abs and curl up. Repeat for 8-16 reps. You may need to shift your position to find a spot that works for you.

Dead Bug
Sit with your hips a little forward of the bull’s eye and lie back, drawing the knees in towards the chest and keeping the hands on the dome for support. Take your hands away and see if you’re balanced. If not, shift until you find a position you can hold without tipping. Take the arms straight up and extend the knees until they’re at 90-degree angles. Balance here for 20-30 seconds or, to add intensity, lower the opposite arm and leg towards the floor, return to start and repeat on the other side for 8-12 reps.

Ball Tilt
Turn the BT over and grab on to the handles on either side and get into a plank position on your knees or toes. Keeping the body in a straight line and without bending the arms, tilt the BT forward and back, repeating 8-12 times. You can also rock it in a circle going forward, right, back, left to add difficulty.
V-sit
Sit in the center or slightly forward on the dome with the hands on either side for support. Lift the legs with the knees bent and balance, keeping the torso straight, the shoulders relaxed and the abs engaged. Hold for 20-30 seconds and add difficulty by taking the hands away, straightening the legs or adding a lower leg crunch.

Squat Jumps onto the BOSU
Stand behind the BOSU. Bend the knees and keep the abs tight as you hop onto the top of the dome, landing with the knees bent in a squat. Step back down with the right foot and repeat 16 times. March in place for 8 counts and repeat, this time stepping down with the left foot. Be sure to land right in the middle of the ball. If landing with both feet simultaneously is too hard, go for a staggered landing, one foot at a time.

Squat Jumps
Stand on the BOSU with feet spaced evenly. Bend your knees and squat, as though you’re sitting back in a chair. Then jump up as high as you can and land with soft knees, lowering back into a squat. Repeat for 10 reps and march in place (on the floor or BOSU) before repeating.

Side Hops
Stand to the left of the BOSU and jump sideways onto the BOSU, landing with right foot in the middle of the dome, left knee bent and body upright. Step back down and repeat, each time trying to land the foot right in the ‘bull’s eye’ of the dome. After you land, hold your balance for a couple of counts before you step back down. Repeat 16 times on the right and then switch sides.

Ski Hops
Stand on top of bubble with feet spaced evenly. Bend the knees and jump up, angling feet and body to the right, hands up for balance and abs tight. Hop towards the left and continue hopping from right to left with feet together, as though ‘skiing’ down a mountain. Repeat for 30 seconds, march in place (on the floor or the BOSU) for 8 counts and repeat for another 30 seconds.
**Squat Jumps over the BOSU**
Begin standing next to BOSU and place the right foot in the middle of the dome. Squat down and quickly jump over the dome landing with the left foot on the BOSU in a squat. Continue back and forth over the dome, jumping higher for more intensity.

![Squat Jumps over the BOSU](image)

**Plyometric Power Lunges**
Stand facing BOSU with the right foot in the middle of the dome, left foot back in a lunge stance. Bend the knees and lower into a lunge. In an explosive movement, jump up and switch legs in the air landing with left foot on the dome, right foot back. Repeat, trying to land each foot right in the middle. Repeat, alternating sides 8-10 times. March in place for 16 counts and repeat.

**Quarter-Turn Squat Jumps**
Stand on top of bubble with feet spaced evenly. Bend the knees and jump up, hopping a quarter turn to the right. Get your balance and hop back to center, then hop a quarter turn to the left and back to center. Continue hopping right, center, left, center for 20 seconds. March in place for 16 counts and repeat. For a challenge, try a half turn.

![Quarter-Turn Squat Jumps](image)