

20 minute Bosu Ball Jump on/Jump off workout (Tabata protocol)

ROUND 1

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 2

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 3

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 4

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 5

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 6

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 7

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds

ROUND 8

Bosu Ball Jump on/jump off 20 seconds

Rest 10 seconds



Bosu Jump on/Jump off

PROGRESSIONS:

- Hold dumbbell in each hand (at shoulder level), and as you jump on to Bosu, lift weights overhead, as you come down, lower weights back down to shoulder level, repeat pattern.
- Jump further away from the Bosu when you jump off it.

NOTES:

Although there are 3 Bosu balls shown above, you only need one. Showing 3 of them helps illustrate the movement better.

Make sure the Bosu ball is on a surface that doesn't slide, this can be potentially dangerous.

Directions: *Stand next to a Bosu Ball (approx. 1 foot away, with your right foot closest to the Bosu). Jump to the right and on to Bosu sideways (leading w/your right foot, then left foot), now jump off to the right of the Bosu (landing on your right foot first then left foot). Repeat pattern going in opposite direction. VERBAL CUE: JUMP UP 1,2—JUMP DOWN 1,2—JUMP UP 1,2—JUMP DOWN 1,2*

Do the above workout 3 -5x/week. Your goal is to repeat it 5 times per session, which will equal 20 minutes. This is a great alternative to working out on a machine, like a treadmill or the elliptical.