

Exercise of the Month

January, 2018

BOSU Burpee

Purpose: Increase cardiorespiratory endurance and total body strength

Target Muscles: Quadriceps, Hamstrings, Shoulders, Chest

Assisting Muscles: Core, Triceps, Hip Flexors, Glutes

Equipment Needed: Bosu Balance Trainer

Start: Begin holding either side of the Bosu (belly side down) in a wide squat with your back flat, chest lifted and hips pushed behind your heels.

Movement Phase 1: Continuing to keep your back flat and chest lifted, stand up pressing the Bosu overhead (add a jump for a higher intensity option). Return back to the squat and lower the Bosu back to the ground.

Movement Phase 2: Jump your feet out to a plank and lower your body into a push-up. Press your upper body away from the Bosu and jump your feet forward to return to a squat.

Repeat: Complete 45 seconds of this burpee variation for a heart-pumping cardio burst! Be sure to maintain proper form throughout the squat, plank and push-up segments.



Modification



Beginner: Rather than jumping your feet, step each foot back to a plank and lower the knees to the ground to perform a push-up.



From Corporate Fitness Works Team Leader, Kerianne Hill

Corporate Fitness Works, Inc.