

BOSU

BALANCE CHALLENGE

Coming Sept. 8th

In Fitness Centers

Let's Start Practicing!

Easy Level: Bosu Single Leg Hold

Stand on one leg in the center of the BOSU ball with hands on hips. Hold steady, keeping a slight bend in the standing knee with other in front.



Hard Level: Bosu Bird Dog

Start on hands and knees on the BOSU ball. Extend one arm forward and the opposite leg back, keeping your core tight and hips steady.



Hold Both Exercises as Long as you Can!

Write your practice times here for the next 4 weeks								
	Level	M	T	W	T	F	S	S
Wk. 1	Easy							
	Hard							
Wk. 2	Easy							
	Hard							
Wk. 3	Easy							
	Hard							
Wk. 4	Easy							
	Hard							
Overall Best Time	Easy							
	Hard							

Turn in practice sheet at the beginning of challenge to be entered into a raffle prize!

Challenge Starts Sept. 8th-21st

Use QR Code
For More Info

