

BOSU® + Bar: Grip, Tip, Flip & Strip

Take your total body conditioning to the next level by combining the BOSU Balance Trainer with the BOSU Balance Bar. Learn how the bar can enhance strength, stability, balance and core activation by simply changing the way you're holding it. Experience 100+ exercises, progressions, regressions and variations while you master the 'Graduation Grid' and breathe life into your conditioning toolbox. Whether you grip it, tip it, flip it, or strip it, even the simplest of exercises will feel brand new and be accessible for all!

Introduction

Conditioning on the BOSU® Balance Trainer

- A. What it is?
- B. What it isn't?

Conditioning Tools

- A. Hand weights
- B. Bells
- C. Bands
- D. Bars (weighted)

The BOSU® Balance Bar

Advantages of Using the BOSU® Balance Bar

- A. Balance Challenge Variable (BCV) Opportunities
 - 1. Contact Point
 - 2. Visual Affect
 - 3. External Stimulus
 - 4. Movement
- B. Variety of Application
 - 1. Traditional exercises
 - 2. Unique movements

Practical Considerations When Using the BOSU® Balance Bar

- A. One size *may* fit all (depending on how you're using it)
- B. Range of Motion & Time Under Tension
- C. Storage (when out of use)

The Graduation Grid

- A. What is it?
- B. How do you use it?
 - 1. Choose base exercise
 - 2. Choose the bar application
 - 3. Experiment with application options

	Tip		Strip	Grip			Flip				
	Center	Side		Low (front/side)	Mid (ch/sh)	High (front/side)	Row	Curl	Press	Raise	Ext
Squat											
Lunge											
Side Lunge											
Curtsy Lunge											
Plie Squat											
Deadlift											
Bridge											

Warm-Up

Foot Acclimation Series	Bar Front	Foot Rocks – Out & In (x4) Squat with hand over hand Foot Rocks – Forward & Back (x4) Squat with hand over hand	Repeat & add hand release on squat with hand over hand
Squat & Walk Series	Bar Front	Squat + Bar push front Squat + Bar push R Squat + Bar push front Squat + Bar push L Compressions on top (x8) Straddle dome & march (x8) Walk up to balance Shoulder → Elbow → Arm Circle (x1)	Repeat
Balance & Shift Series	Bar Front	Touch Side → Lift → Side → Together Touch Front → Back → Front → Together Squat off R → Step off → Squat on → balance	
March & Move Series	Bar Side	March Top (8) → March Floor (8) March Top (4) → March Floor (4) March Top (2) → March Floor (2) Pop Toe → Knee lift → Pop Toe → Release (3) Squat – Rotate – move bar other side & stand	

Drills

Squat Series	Tip	Squat w/ arm out to side → Reach across to bar Open back up → Stand & laterally flex to bar	Repeat & add hand release on squat with hand over hand
	Tip	1-leg squat (w/ foot tapped to side) Abduct & squat down again Hold squat → Touch front, side, back, & stand	
	Grip	Hold bar off center (low) Squat & tip bar to touch floor at bottom	Transition in squat hold, walk bar across to the other side
	Grip	Underhand grip (@ shoulder) Unfold as you lower into squat Curl as you stand	Additional curls at bottom of squat
	Flip	Squat w/ Suitcase curl to press	Transition from press with rotation to the other side
Standing Balance Challenge (BC)	Grip	Lengthwise overhead press (2-arm) Static hold in center with various BCs	+ 1-arm

Rowing Series	Grip	2-arm bent over row (overhand)	+ underhand row (1&2-arm) + off center + suitcase
	Tip / Grip	Long lunge + row	+ suitcase row
	Tip / Grip	Kneeling stance + row	+ suitcase row
	Tip / Grip	Prone Plank (forearm & full)	+ suitcase row
	Tip	Side Plank (forearm & full)	+ open / elbow extension
Kneeling Balance Challenge 1	Grip	Overhead press & rotate (2-knees)	+ 1-knee

Lunge Series	Tip	Stationary lunge + flip over front leg	
	Tip	Forward lunge & tip bar front Slide → Suitcase Grip Tip front & back → Slide to tip → Return	
	Grip	Underhand grip (@shoulder) Reverse lunge & rotate towards front leg	+ balance at end
	Grip	Lengthwise on R shoulder, 2-hand grip Forward lunge Hold at bottom → up & over 2xs	+ knee balance at end
	Flip	Stationary lunge → Push overhead as you lower Head, shoulders, knees & toes	
Standing Balance Challenge 2	Grip	Underhand grip at waist Flip & Flop	+ 'swing' overhead press + 1-leg balance

Core Series	Tip	Bar at side Curl & Oblique curl to reach across	+ curl to stand
	Grip	Hold bar at chest + curl to stand	+ overhead press
	Tip	Dead bug	+ torso & hip crunch + double crunch
	Grip	Swimming + static curl	+ tip
	Flip	Rolling lat pull	

Curtsy Lunge Series	Tip	Curtsy → Tap Side + Abduct	+ 1-arm
	Tip	Curtsy → Tap Side + Switch	+ lunge side → switch
	Grip	Hold low & slide towards dome as you lower	
	Grip	Hold low + upright row	
	Grip	Hold (@shoulder) + overhead press as you lower	+ rotation to lengthwise overhead at bottom
Kneeling Balance Challenge 2	Grip	1-arm overhead press (2-knees)	+ 1-knee

Deadlift Series	Tip	Bar in front, slide → sweep to side	
	Tip	Bar sweep side to side	
	Tip	1-Leg RDL + Ham Curl	Vary foot position
	Grip	Holding low, deadlift	+ Row + Off centered row

	Grip	Kneeling on dome Roll down & off, brace & reset	
Seated Balance Challenge 1	Grip	V-sit variations	

Plie Squat Series	Tip	One foot off dome	+ heel pop
	Tip	One foot off dome; brace, grip + lift	
	Grip	+ Stir the pot	+ tip & step up balance
	Flip	+ karate chop over shoulder at bottom	
	Flip	+ triceps extension (lengthwise down back)	+ over the top to tip
Seated Balance Challenge 2	Grip	Platform Side Up (PSU) Challenges	

Bridge Series	Grip	Feet on dome & bar at hips (level)	+ 1-leg
	Grip	Feet on dome & bar extended at chest	+ 1-leg
	Flip	Feet on dome & bar offset, extended at chest Lower bar as hips lift & tip 1 end to ground	+ 1-leg
	Flip	Shoulders on dome & bar extended at chest Triceps Press & Triceps Extension	+ tip on side → 1-leg
	Tip	Asymmetrical shoulder on dome bridge	+ 1-leg

Thank You!
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