

BOSU®

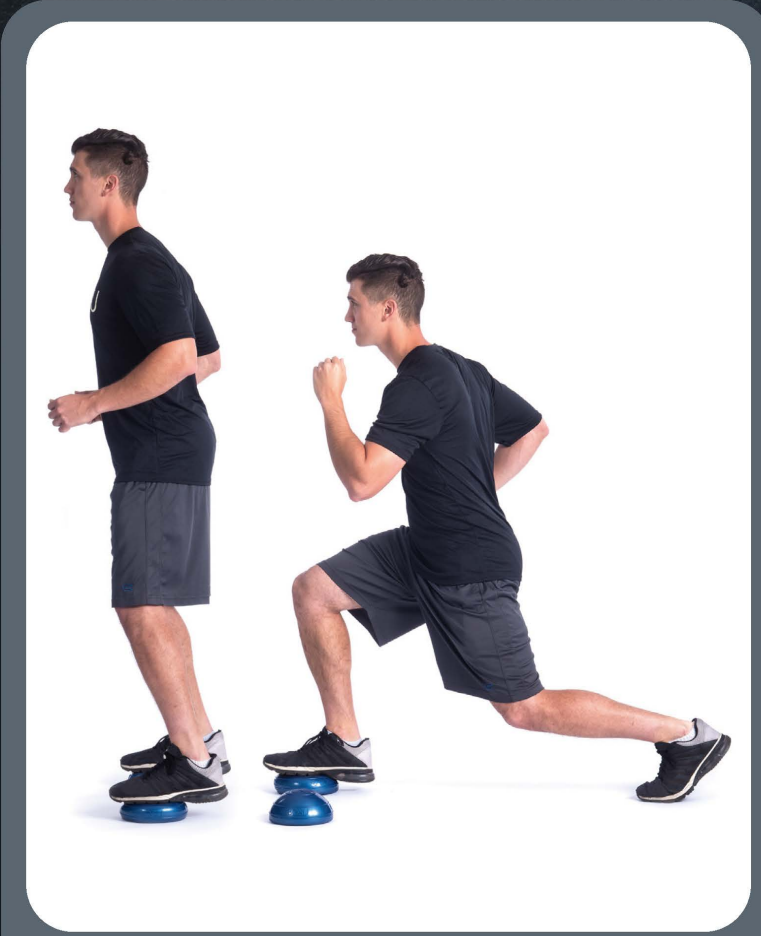
BALANCE PODS

TRAINING THAT TRANSLATES TO LIFE™

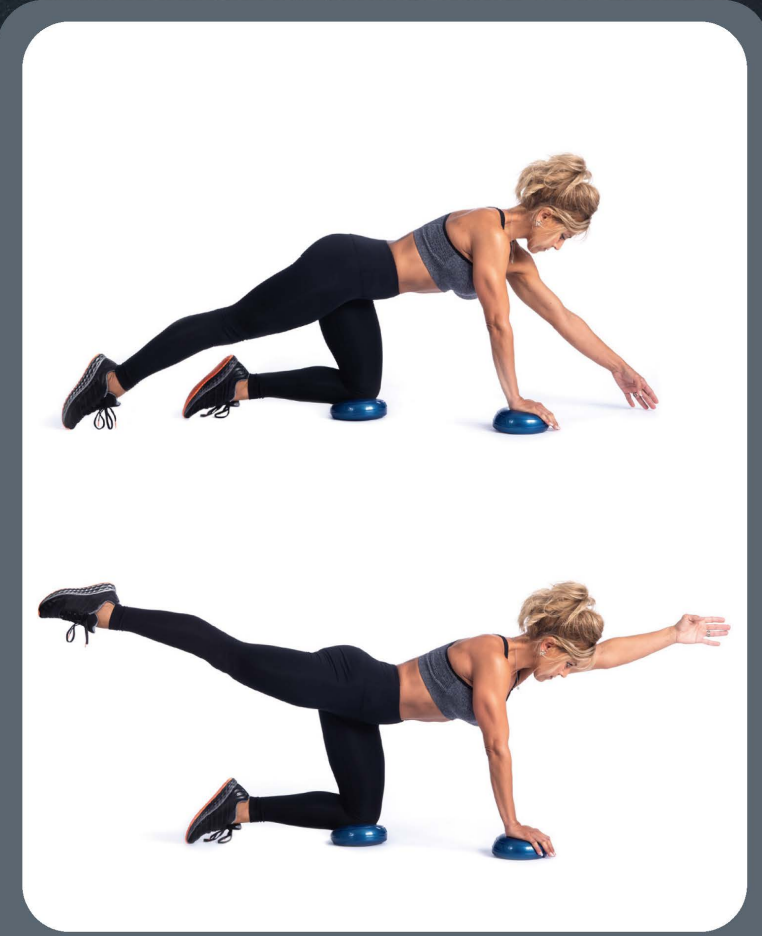
Art.Nr. 2973308



SQUAT TOUCH DOWNS



ALTERNATING REAR LUNGE



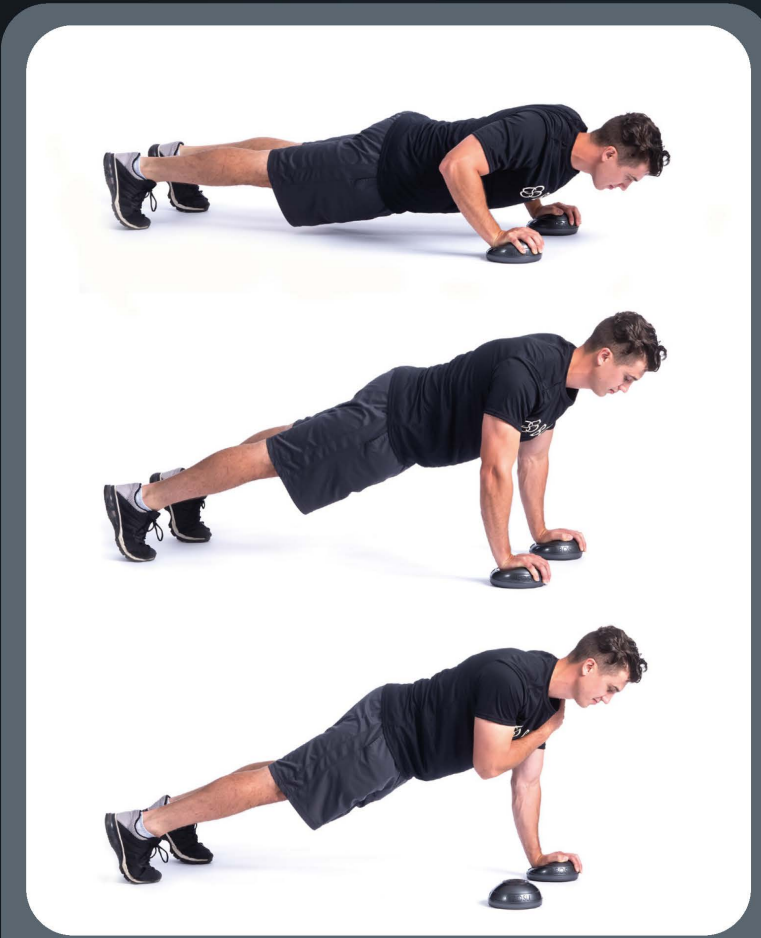
BALANCED BIRD DOG



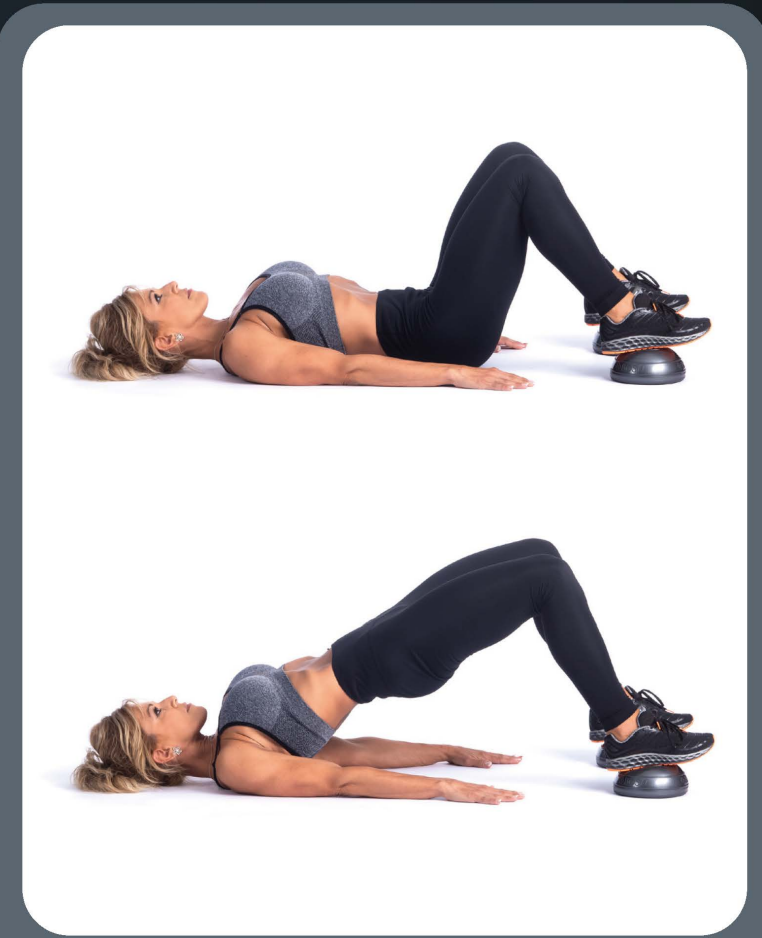
CLOCK TAPS



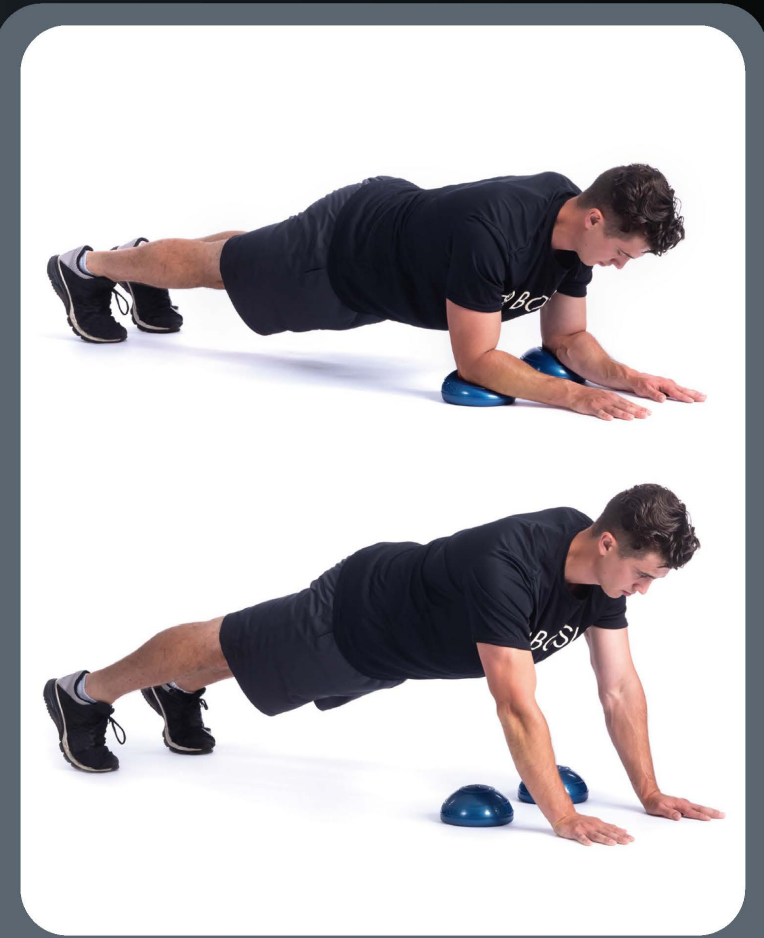
PLANK HAND WALK



PUSH-UP PLANK TAPS



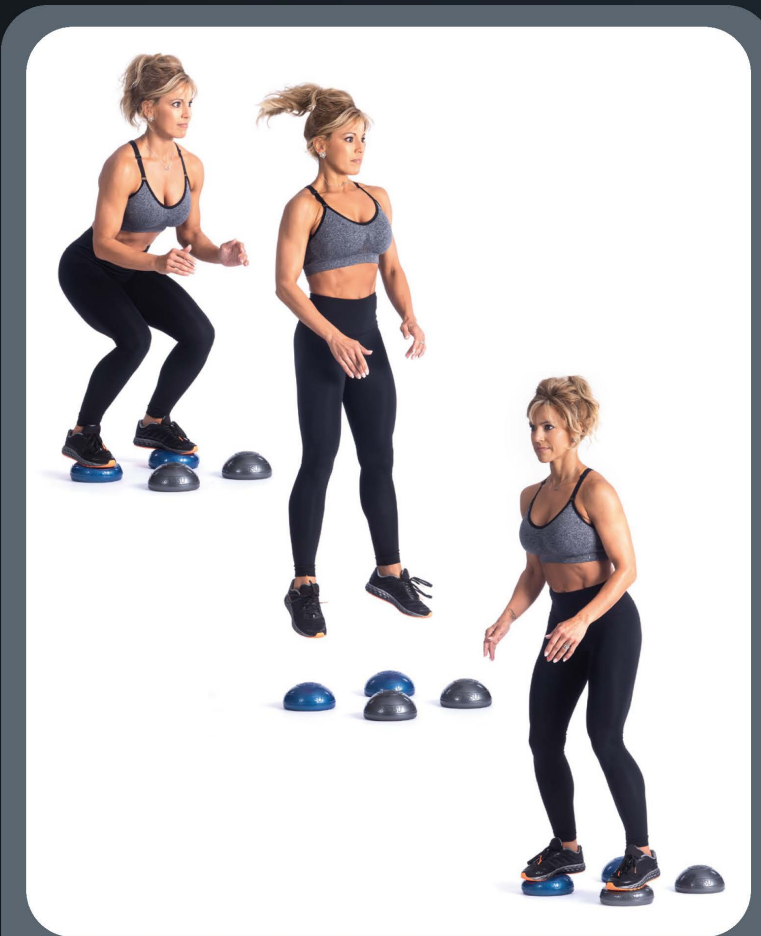
BALANCE BRIDGE



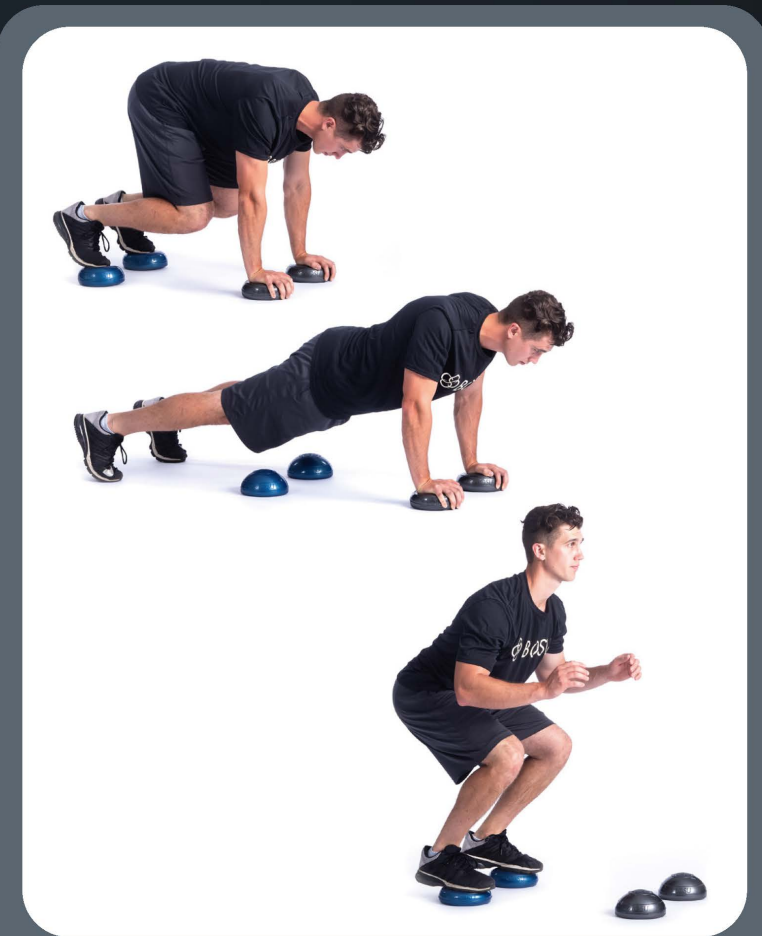
FOREARM PLANK PRESS



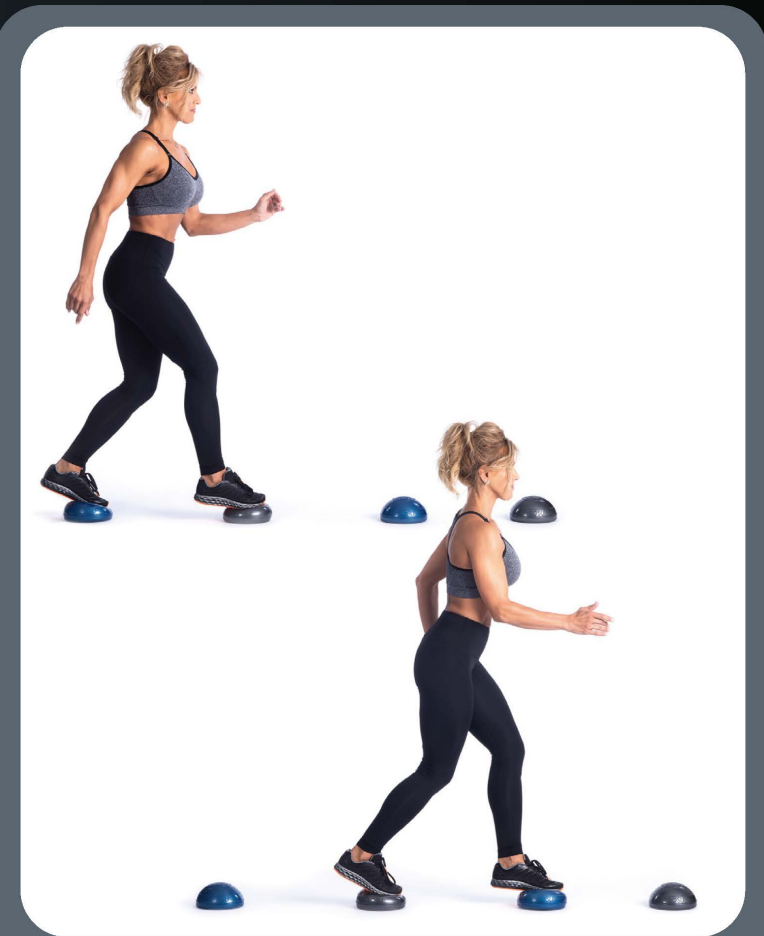
PUSH-UP SIDE PLANK



SQUAT HOPS



SQUAT TO BURPEE



CROSS THE RIVER

BALANCE

AGILITY

CORE

CARDIO

STRENGTH