

# W.O.W.

WAC ON WELLNESS

## BODYWEIGHT BALANCE ON THE BOSU

Challenge your body to build core strength and balance through fun bodyweight intervals.

**Time:** 30-45 minutes

**Equipment:** BOSU + Treadmill

**Instructions:** Complete the following circuits according to your level of fitness.

Level	Adjustments
Beginner	1-2 sets of 15 reps
Intermediate	2-3 sets of 12 reps
Advanced	3-4 sets of 12-15 reps

### CIRCUIT 1 - Complete all Bosu sets before treadmill interval

1. Squat jumps – on and off blue side
2. Push-ups with alternating knee drive – hands on black side
3. Treadmill - 3min run or fast walk

### CIRCUIT 2

1. Alternating forward lunge – front foot steps on blue side
2. Opposite elbow to knee crunch (right then left) – middle of back on blue side
3. Treadmill - 3min run or fast walk

### CIRCUIT 3

1. Up and overs/lateral hops – on blue side
2. Triceps tilt with knee tuck – forearms on black side
3. Treadmill - 3min run or fast walk

### CIRCUIT 4

1. Stationary lunge (right then left) – back foot on blue side
2. Reverse burpee – on blue side
3. Treadmill - 3min run or fast walk

### CIRCUIT 5

1. Stiff leg deadlift – on black side
2. Side plank (right then left) – feet stacked on blue side
3. Treadmill - 3min run or fast walk



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*See a Personal Trainer for more detailed instructions or a demonstration.*

**Member Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_



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**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
www.thewac.com/wow