



BOSU CARDIO – TABATA STYLE!

Okay, here is how this works. All you need is a BOSU and a clock. You will go through each exercise 8 times with a :20 work / :10 rest ratio. Take a :30 break in between all exercises!

1. **BURPEES** – Start standing with the BOSU flat side up.
SQUAT down (don't just bend at the hips)
Grab hold of the sides of the BOSU, jump feet back – keep feet BOSU width the entire time, Jump back to a squat, and jump squat to finish.
2. **Lateral BOSU Hops with a touch** – Start with your right foot on the center of the BOSU and your left foot on the floor. You are in a squat position and the left hand is touching the right toe. JUMP up – think HEIGHT! And land in a squat position with your left leg on the BOSU and your right hand touching your left toe.
3. **Mountain Climbers** – BOSU flat side up. Hold sides. Start with the right knee tucked into the chest with the foot OFF the floor, left leg extended (toe on floor). Pump knees as fast as you can. Keep shoulders over elbows and wrists.
4. **Curl to Press** – Start with BOSU flat side up. Squat down, hold on to the sides of the BOSU, as you stand, bring the BOSU (flat part) to your chest. From here press directly overhead. Bring BOSU back to chest, squat back down with arms straight, tap the BOSU to floor and continue.
5. **Spiderman Jumps** – BOSU flat side up. Grip sides. Start with the right foot as close to the right hand (which is holding the BOSU as possible) so basically the right knee is at the right elbow....JUMP and switch legs. Both legs should touch the floor at the same time. Use the upper body. Push into the BOSU. Pop yourself up – land soft, foot close to the side of the BOSU.
6. **SQUAT JUMPS** – Flat side down. Start standing on round side. SQUAT LOW – Explode up, land soft, hold landing for :01, and explode back up. Each jump is for HEIGHT!
7. **UP UP DOWN DOWN PLANK WALKS** – Flat side down. Start on elbows. Lead with the right arm for 4 sets and left arm for 4 sets. You will go from plank on elbows to straight arm plank. So Right arm straight, left arm straight (you are in a straight arm plank position here). Drop left elbow back to BOSU, followed by left. Repeat as fast as you can keeping your bum low, feet close together!
8. **FOOTBALL RUNS** - 4 on right side, 4 on left side. Get ready to feel everything jiggle! Start with the right foot on center of BOSU, left foot on floor. Squat position. Begin doing footfires...as fast as you can! 4 sets, then switch legs for last 4 sets. Stay LOW, and go FAST!

This should take you about 36 minutes. Have fun! 😊