

# Double Bosu Workout – Upper Body/Core

All sets are performed with no rest between exercises. Do a full round of each exercise, then rest for 30 seconds, then repeat. Each set is completed 3 times.

**SET 1** – *This whole set is completed without ever allowing your butt to touch the ground. Keep hips up and body stable (see correct form at right). Set your dumbbells at your sides for easy reach.*

*To complete this set you need: 2 bosu's, 1 pre-loaded ez curl bar or other weighted bar, and 2 dumbbells.*

Bridge Press – 20 reps w/ preloaded bar

Bridge Skullcrushers – 12-15 w/preloaded bar

- Rest bar across hips, pickup dumbbells -

Bridge Flyes – 12-15 reps w/dumbbells

- Set dumbbells at your sides. Lift bar and hold straight over your chest -

Bridge Leg Lift & Hold – 10 each leg (slowly lift one leg to a 90° angle to the rest of your body. Hold for 3 seconds, lower leg and switch).

**Rest. Repeat 2x.**



**SET 2** – *The first three exercise are done standing or kneeling on a bosu. Complete the full round, then rest 30 seconds, then repeat 2 more times. If you choose to do the set kneeling, see form to the left. Do not allow your toes/feet to touch the ground.*

*To complete this set you need: 1 bosu, 2 sets of dumbbells (I use 10# for the curls, and 8# for the raises), and one large dumbbell (I use a 20#).*

21's (bicep curls) w/dumbbells

Front Raise – 12-15 w/dumbbells

Overhead Tricep Extension – 12-15 w/ 1 dumbbell

Bosu Reverse Plank – Hold 30 seconds (or longer).

**Rest. Repeat 2x.**

Kneeling - Proper Form



Reverse Plank Beginner



Reverse Plank Advanced

**SET 3** – *All exercises in this set are performed while sitting on a bosu. You can brace your feet against a wall for added stability (except for the bicycles).*

Lateral Raise – 10-12

Shoulder Press – 10-12

Hammer Curls – 10-12

Bosu Bicycles – 10-20

**Rest. Repeat 2x.**

Bosu Bicycles

