

# Exercise of the Month

January, 2018

## BOSU Burpee

**Purpose:** Increase cardiorespiratory endurance and total body strength

**Target Muscles:** Quadriceps, Hamstrings, Shoulders, Chest

**Assisting Muscles:** Core, Triceps, Hip Flexors, Glutes

**Equipment Needed:** Bosu Balance Trainer

**Start:** Begin holding either side of the Bosu (belly side down) in a wide squat with your back flat, chest lifted and hips pushed behind your heels.

**Movement Phase 1:** Continuing to keep your back flat and chest lifted, stand up pressing the Bosu overhead (add a jump for a higher intensity option). Return back to the squat and lower the Bosu back to the ground.

**Movement Phase 2:** Jump your feet out to a plank and lower your body into a push-up. Press your upper body away from the Bosu and jump your feet forward to return to a squat.

**Repeat:** Complete 45 seconds of this burpee variation for a heart-pumping cardio burst! Be sure to maintain proper form throughout the squat, plank and push-up segments.



### Modification



**Beginner:** Rather than jumping your feet, step each foot back to a plank and lower the knees to the ground to perform a push-up.



From Corporate Fitness Works Team Leader, Kerianne Hill

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