

## **The Bosu Workout (dumbbells)**

### **Advanced-round side down, stand on flat side**

Upright rows	8-12 reps
Shrugs	12
Overhead press	8-12 reps
Front raises	12
Lateral raises	12
Bent over rows	8-12
Push-ups	Failure
Biceps curls	12
Push-ups	Failure
Dead lifts	20
Squats	20

### **Beg/intermediate, flat side down, stand on round side**

Shrugs	12-20
Front raises	12-20
Shrugs	12-20
Lateral raises	12-20
Push-ups	Failure
Squats	20
Biceps curls	12-20
Push-ups	Failure
Squats	20
Biceps curls	12-20

## **The no-equipment workout**

(playground)

The Ladder

1<sup>st</sup> rung: 1 pullup, 2 pushups, 3 sit ups,

2<sup>nd</sup> rung: 2 pullups, 4 pushups, 6 sit ups,

double every exercise until 10<sup>th</sup> rung, then go down the ladder from 9, 8 and so on.

Rest minimal between rungs

2 minutes rest after the ladder:

20 squats, 20 walking lunges, 100 flutter kicks. Then repeat.