

BOSU® Xplode

1. BOSU® Xplode Overview

- A. Purpose: Cross-train with focus and learn to incorporate elements of strength, cardio, core, agility and balance into full body workouts, with the goal of designing purposeful training that produces a high level of overall conditioning.
- B. Why Cross Train?
 - 1. Combine multiple training methods to improve overall fitness
 - 2. Condition the entire body with integrated movement patterns
 - 3. Construct time efficient workouts that offer variety and fun
- C. Xplode Focused Cross-Training
 - 1. Emphasizes one component such as cardio, agility or strength
 - 2. Includes elements of all other fitness components for total body training
 - 3. Varies overload to challenge the full spectrum of energy systems
 - 4. Achieves greater average workout intensity than single activity workouts
 - 5. Develops new skills with multi-joint, athletic movement

2. Xplode Cross Training Workouts

- A. Xplode Theme: "And then some..."
 - 1. BURST – Extreme Cardio
Invest yourself in every workout. How hard? How much? How far?
 - 2. BURN – Power Core
Be the best that you can be, and then add 1% more each workout.
 - 3. LOAD – Intense Strength
Unify your body, earn every rep, and grow physically and mentally stronger.
 - 4. AMP – Athletic Agility
Train like an athlete and you'll move like an athlete. Quit is not an option.
 - 5. FUSE – Balanced Endurance
Train from the inside out to find your hidden power and strength.

3. BOSU MVP

BOSU® Xplode Drills

BURST Drills	Description	Notes
Dynamic Warm-Up Balance Trainer	<ul style="list-style-type: none"> • Standing behind dome facing front • Run up and down • Step, lunge side, tap hand on dome • Repeat from top of dome 	
Super Straddle Drill Balance Trainer, Med Ball	<ul style="list-style-type: none"> • Standing on dome, ball between hands • Straddle down and up, legs flexed • Straddle down, jump up • Jump down, ball to dome, jump up • Quick feet straddle – 30 sec “bursts” 	
Med Ball Madness Drill Balance Trainer, Med Ball	<ul style="list-style-type: none"> • Standing side; lunge on and off dome • Ball circles under 1 leg; squat & circles • Fig 8 on dome; ball toss on dome w/jog • Knee lift with ball under knee • Jog high knees with ball taps on knees • Increase speed for 30 second “bursts” 	

BURN Drills	Description	Notes
Three Point Touch Balance Trainer - PSU	<ul style="list-style-type: none"> • Hold platform rim of BT; jump to plank • One leg taps under, back diagonal, then high and side; jump to standing • Lift BT overhead then to floor 	
Dome Toe Taps Balance Trainer	<ul style="list-style-type: none"> • Standing behind dome facing front • Alternate quick taps on dome for 20 sec • Tap around dome R for 20 seconds • Repeat front and around 20 seconds 	
Quick Lateral Taps Balance Trainer	<ul style="list-style-type: none"> • Standing on top of dome • Alternate lateral taps R and L • Increase speed and depth • Repeat 30 seconds slow; 30 fast 	
Walking Plank Balance Trainer	<ul style="list-style-type: none"> • Prone plank with elbows on dome • “Walk” one hand at a time to straight arm position with hands on dome; reverse • Optional: Pop up to extended arms 	
BOSU Bulgarian Lunge Balance Trainer	<ul style="list-style-type: none"> • Standing in front of BT with toes of one foot on dome • Lunge with front leg 30 seconds • Step to change sides; repeat 30 • Jump lunges 30 seconds 	
Side Ups with Long Reaching Crunch Balance Trainer	<ul style="list-style-type: none"> • Lying in side plank with elbow on dome • Lift hips, rotate top arm under, lower; repeat for 10 reps • Extend top arm overhead; pull elbow to knee in crunch motion; 10 reps 	
180 Degree Throw Downs Ballast Ball	<ul style="list-style-type: none"> • Hold ball overhead facing front • Turn to one side; simultaneously squat and “Throw” ball to floor • Jump turn 180 degrees for 30 seconds • Vary to jump lunges for 30 seconds 	

LOAD Drills	Description	Notes
Plank with Knee Drive Ballast Ball	<ul style="list-style-type: none"> • Prone plank with elbows on ball • Lift one leg, pull to knee drive, extend • Step forward to lunge on side of ball • Lift foot from lunge, hold 3 seconds • Return to start position and repeat 	
Core Pull Balance Trainer, Ballast Ball, Slingshot	<ul style="list-style-type: none"> • Prone on ball with hands on dome of BT • Slingshot pulling from behind • Tuck and pull knees to chest • Optional: Platform side up BT for more balance challenge 	
Pillar of Strength Balance Trainer, Ballast Ball, Slingshot	<ul style="list-style-type: none"> • Standing facing dome w/Slingshot pulling from behind • Hold ball in front • Jump to dome and stick landing • Slowly lift ball overhead; step off 	
Jump Split Lunges Balance Trainer, Smart Toner	<ul style="list-style-type: none"> • Lunge w/one foot on dome • Smart Toner pulling from side • Jump lunge, alternating sides • Stabilize against side pull from toner • Partners work together 	
Forward and Lateral Dome Lunges 2 Balance Trainers	<ul style="list-style-type: none"> • Standing behind dome facing front • Step to forward lunge; balance on dome; step to lateral lunge on other dome; step back to lunge on floor • Time under tension focus 	
Forward and Lateral Dome Jumps 2 Balance Trainers	<ul style="list-style-type: none"> • Standing behind dome facing front • Jump vertically to one dome • Jump laterally to other dome • Jump back to floor • Repeat other direction 	

AMP Drills	Description	Notes
Creeping Lunge Balance Trainer	<ul style="list-style-type: none"> • Standing on floor facing dome • Step forward to low lunge • Stay low and "creep" forward in lunge • 3rd lunge steps to dome • Repeat traveling back and forward 	
Dome Linear Run Balance Trainer	<ul style="list-style-type: none"> • Standing on top of dome facing front • Run down, down, up, up quickly • Increase effort 25%, 50%, 75%, 100% • Repeat with opposite lead leg 	
Sumo Jump Switch Balance Trainer	<ul style="list-style-type: none"> • Standing in squat w/one foot on dome • Quick jump switch 180 degrees*** • Quick switch return • Dynamic exchange over top • Repeat other side <p>***Jump turn inward for visibility</p>	
Ready Ready Hit Balance Trainer	<ul style="list-style-type: none"> • Standing behind dome facing front • Run in place with quick wide feet • Place hands on dome; jump to plank • Jump back forward to standing • Repeat with increased speed each rep 	

<p>Bulldawgs</p> <p>Balance Trainer, Slingshot</p>	<ul style="list-style-type: none"> • On all fours behind dome • Slingshot pulling from back • Walk hands & feet forward, then back • Jump/pop hands & feet forward, then back 	
<p>Figure 8 Cornering</p> <p>2 Balance Trainers</p>	<ul style="list-style-type: none"> • Standing at one end facing dome • Run in figure 8 pattern around domes • Touch inside hand lightly to dome on each circle 	

FUSE Drills	Description	Notes
<p>Down Under</p> <p>Balance Trainer</p>	<ul style="list-style-type: none"> • Prone plank; platform side up • Push-ups; jump forward to squat • Row BT up and down; jump to plank • Push-ups; jump to squat • Circle BT in orbit R; jump to plank • Push-ups; repeat rows and circles 	
<p>Twister</p> <p>Balance Trainer, Weighted Med Ball</p>	<ul style="list-style-type: none"> • Step on top; hold ball in on hand • Reach 1 arm up/1 down • Add tracking to "twister" • Alternate ball from hand to hand • Jump stick; twister w/ball in top hand 	
<p>Rock and Roller</p> <p>Balance Trainer</p>	<ul style="list-style-type: none"> • Standing in front of dome • Squat to seated; rock back to supine • Rock and roll to standing • Add single leg extension • Add both legs ext/supine balance 	
<p>Scissors</p> <p>Balance Trainer</p>	<ul style="list-style-type: none"> • Standing to one side of dome • Legs step to staggered stance • Flex and lower one hip to dome • Add double leg extension side/balance • Add scissor R/L • Repeat Rock & Roller/Scissors other side 	
<p>Fused Stretch Series</p> <p>Balance Trainer</p>	<ul style="list-style-type: none"> • Cat and cow stretch • Downward facing dog w/leg lift • Pigeon • Kneeling hip flexor lunge • Heel to buttocks quad stretch 	

Thank you for attending this workshop!

www.bosu.com