

PRIMER SQUATS



PERCH



Stand in Power Zone with toes on Power Line between 2 & 4.



Squat down into a perch position, knees wide, back straight, hands on BOSU logo.



Bring hands overhead as you rise from the Perch position. Repeat.

MONEY MAKER



Stand in Power Zone with toes on Power Line between 2 & 4. Hold a counterweight approx 6-10" from torso.



As you squat down to the perch position, bring the counterweight out in front of you. Slowly rise and repeat.

LOWER BODY



GRASSHOPPER



Perform a lunge with toes on the center of Power Line. Keep your weight on the forward leg.



As you come up from the lunge, perform a single leg jump and switch feet mid-air.



Landing with the opposite foot and drop back down into a lunge position.

SOLO SQUATS



Place foot at the center of the Power Line. Press the opposite foot topside down against the back of the dome.



Keeping knees close, perform a squat, as you press back foot against dome. Maintain weight on the center leg.

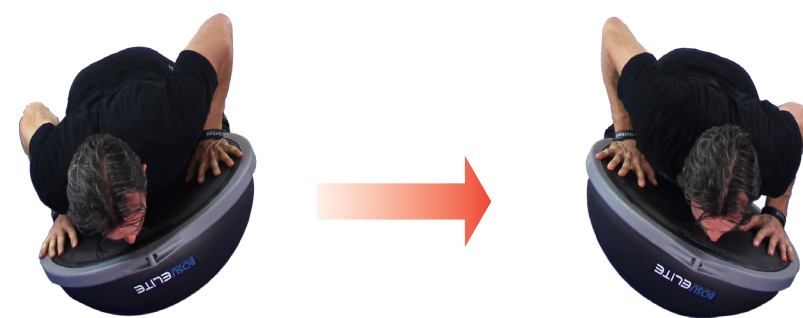
UPPER BODY



TABLE TILTS



Platform side up, assume push-up position and tilt 45°



Maintaining 45° angle, touch chest to the platform.



In the down position, tilt 45° to the other side.



Push up, maintaining 45° angle, reverse direction.

POWER LINE PUSH-UP



Position palms on the Power Line between 4 & 6, assume push-up position.



Perform push-up, pressing inward on the sides of the dome as you go down and up.



As you explode up, reposition hands mid-air to land between 6 & 8 and perform push-up.

FULL BODY



DROP AND POP



Start in an athletic position with knees bent, hands out, back straight.



Drop down to a push-up position, with palms on the Power Line between 4 & 6.



In one motion, spring back up, landing your feet in the Power Zone. Repeat.

GET DOWN GET UP



Position yourself in front of the BOSU Elite with your feet shoulder width apart.



Squat down, hands out in front, and sit on the dome. (Use BOSU logo as a guide.)



Extend body, feet off the floor, hands behind head. Hold position and repeat exercise.

CORE



FLAT JACKS



Lay with your lower back on the dome, arms by your side, heels on the floor.



Keep your body in a straight position, brace your core, engage your glutes.



Extend arms overhead, keep your body straight and heels on the ground. Repeat.

SEESAW



Lay belly down, find a balance point so feet and hands can come off the ground.



Keep your body straight, engage glutes, raise hands overhead and tilt forward.



Bring hands down, tilt your body back in a seesaw motion without touching the ground. Repeat.

AGILITY



DOUBLE UPS



Stand to the side of the dome, toes even with the Power Line.



Step one foot into the Power Zone directly followed by other foot.



Continue over the dome, switching feet as you move to the other side.



Land on opposite side of the Elite and quickly reverse direction.

FOR EXERCISE VIDEOS VISIT WWW.WECKMETHOD.COM

CONTACT US AT:

WECKMETHOD
3434 MIDWAY DR. SUITE 2008
SAN DIEGO, 92110

INFO@WECKMETHOD.COM
(619) 222-2604

