

TRAININGPAD

EXERCISE JOURNAL

Bosu Workout

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW (body weight), BB (bar bell), DB (dumbbell), KB (kettle bell), r (reps), h (hold), B (bosu)*

EXERCISES	SUGGESTED WEIGHT	NOTES
Standing shoulder press (B)	15	
SS Bosu squats	25	
Sumo Squats and Bicep curls (B)		
Sumo Swinging Front Raises		
Overhead DB extensions (B)		
Squat and Press		
Bosu walkout and pushup		
SS Side Shuffles (B)		
Split Squats (B)		
SS hold split squat and DB lateral raises		
Bent over DB rows (B)		
SS Bent over DB rear flys		