

Bounce and Balance

Prepared for: T.U.C.K

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Presented by: Shannon Griffith

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Foundational Yoga Teacher – 200 Hour Level

Safety:

- * Make sure to acclimatize your participants with the equipment prior to use. Also make sure that they are all in good working condition...i.e no splits in the stability balls, rubber grippers on the bottom of bosus are intact.
- * Proper footwear and clothing should be worn while using the equipment.
- * Failure to acclimatize properly could result in serious injury.

Program Design:

- * This workout utilizes the bosus, ballast balls or stability balls and also weighted medicine balls (preferably ones that bounce).
- * Warm up for 5 minutes using the available equipment. Incorporating large muscle movement and joint mobility in preparation for the workout.
- * Stations alternate every 45 seconds (allow for approximately 15 seconds to get to the next exercise. Once the participants get used to this workout you could increase the time for more of a challenge or just change up the exercises.
- * Be sure to stretch following the workout.

#	STAB BALL	BOSU	MED BALL
1	PUSH UPS	SIDE SQUAT TO BALANCE	OVER-HEAD BOUNCE PASS
2	PRONE ROLL OUT AND PULL BACK	REVERSE LUNGE TO HIP EXTENSION DOME SIDE DOWN	TRAVELING PUSHUP, FROM KNEES OR TOES
3	SUPINE HAM CURL	JUMP SQUAT FROM THE FLOOR, STICK THE LANDING	HEAD TO HEAD AB CURL WITH MED BALL EXCHANGE
4	PRONE TUCK /TWIST (ON YOUR HANDS)	T.U.C.K JUMP STICK LANDING	SIDE BOUNCE PASS
5	STANDING ONE LEGGED LUNGE AND HIP EXTENSION	180 SQUAT JUMP, ONE ON ONE OFF	V-SIT SIDE PASS AND RUN FROM THE END
6	AB CURL WITH ALTERNATING ARM POSITIONS	STANDING ONE LEGGED SQUAT DOME UP	3 POINT SMASH

Note: The above workout by no means exhausts the options for exercising with stability balls, bosu balls and or medicine balls. There are numerous other exercises. Please feel free to contact me to set up additional workshops.

Thank you for your participation, interest and attention.

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