

# Programme on a Plate



**BOSU Foundation Courses  
in Glasgow and Leeds**

## BOSU Integrated Balance Trainer with Julie Burfoot

Challenge the mind and the body with the BOSU (both sides up) Balance Trainer, enhancing body awareness, postural alignment and movement confidence. Virtually any exercise carried out on the ground can be performed on the BOSU Balance Trainer – making that exercise more challenging, more fun and more effective.

### BOSU Complete Workout System

Both experienced and first time users of the BOSU will benefit from the laminated workout charts, DVDs, CD and programming manual included in the BOSU Complete Workout System. Developed by Jay Blahnik, recognised as one of the premier fitness instructors, trainers and educators in the world today, the new Workout System provides a base from which an endless variety of exercises, workouts and drills can be developed.



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### Seated Spine Stretch (dome side up)

#### target muscles:

- Rectus abdominis
- Erector spinae
- internal & external obliques

#### origin:

- Rectus abdominis – pubic crest
- Erector spinae – sacrum, iliac crest, vertebrae, ribs
- internal & external obliques – iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs respectively

#### insertion:

- Rectus abdominis – ribs 5, 6, 7 and bottom of sternum
- Erector spinae – ribs, vertebrae, occipital bone
- internal & external obliques – bottom ribs, linea alba & iliac crest, linea alba respectively

#### teaching points:

- keep the movement smooth and under control

#### visualisation cues:

- lengthen through the spine towards the ceiling
- draw the navel towards the spine



#### start position:

- sit in a neutral position on top of the BOSU
- bend the knees and place the feet flat on the floor
- put both hands on the knees



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- roll the spine forward one vertebra at a time, until the chest rests on the thighs
- inhale deep and wide, to feel the stretch in the back

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- slowly peel back up through the spine, one vertebra at a time, to the start position

#### options:

- for those with good flexibility, extend the legs out straight in front

### Back Raise (dome side up)

#### target muscles:

- Erector spinae
- internal & external obliques

#### origin:

- Erector spinae – sacrum, iliac crest, vertebrae, ribs
- internal & external obliques – iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs respectively

#### insertion:

- Erector spinae – ribs, vertebrae, occipital bone
- internal & external obliques – bottom ribs, linea alba & iliac crest, linea alba respectively

#### teaching points:

- draw the shoulders down
- keep the feet in a neutral position

#### visualisation cues:

- draw the navel towards the spine
- keep the head and shoulders long



#### start position:

- lie prone on top of the BOSU
- place the arms by the sides



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- lift the shoulders through the spine
- inhale and hold at the top

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- lower slowly and under control back to the start position

#### options:

- increase the lever length, to increase the challenge, by placing the arms out in front of the body

### Seated Roll Back (dome side up)

#### target muscles:

- Rectus abdominis
- iliopsoas
- Gluteus maximus & medius

#### origin:

- Rectus abdominis – pubic crest
- iliopsoas – lumbar vertebrae and intervertebral discs, twelfth thoracic vertebra, iliac fossa, anterior ligaments of lumbosacral and sacroiliac joints
- Gluteus maximus & medius – ilium, sacrum, coccyx and ilium respectively

#### insertion:

- Rectus abdominis – ribs 5, 6, 7 and bottom of sternum
- iliopsoas – femur
- Gluteus maximus & medius – femur

#### teaching points:

- stabilise the shoulders
- point the toes

#### visualisation cues:

- draw the navel towards the spine
- roll back through the spine, one vertebra at a time
- roll through the spine like a wheel



#### start position:

- take a seated neutral position on the floor, with the bottom against the edge of the BOSU
- place the arms in front of the body, inline with the shoulders



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- roll back through the spine
- inhale and hold

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- peel back up through the spine, to the start position

#### options:

- to reduce the effort only work through half of the range of movement

### Side Plank (dome side up)

#### target muscles:

- internal & external obliques
- Transverse abdominis
- Quadratus lumborum

#### origin:

- internal & external obliques – iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs respectively
- Transverse abdominis – ilium, ribs, thoracolumbar fascia
- Quadratus lumborum – iliac crest, iliolumbar ligament

#### insertion:

- internal & external obliques – bottom ribs, linea alba & iliac crest, linea alba respectively
- Transverse abdominis – pubic crest
- Quadratus lumborum – upper four lumbar vertebrae, twelfth rib

#### teaching points:

- keep the body in a straight line
- stabilise the shoulders

#### visualisation cues:

- lengthen through the fingers and toes
- extend from the head through to the feet
- draw the navel towards the spine



#### start position:

- place the wrist, elbow and shoulder in line on top of the BOSU
- stack the legs on top of each other, keep the upper arm by the side of the body



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- lift the hips and the upper arm
- inhale and hold at the top

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- slowly lower back to the start position

#### options:

- to decrease the challenge adopt a 3/4 plank, keeping the knees on the floor
- to increase the challenge, lift the upper leg away from the lower leg and hold, when in the plank position

### Supine Hip Lift (platform side up)

#### target muscles:

- Erector spinae
- Gluteus maximus
- hamstrings

#### origin:

- Erector spinae – sacrum, iliac crest, vertebrae, ribs
- Gluteus maximus – ilium, sacrum, coccyx
- hamstrings – ischium

#### insertion:

- Erector spinae – ribs, vertebrae, occipital bone
- Gluteus maximus – femur
- hamstrings – tibia

#### teaching points:

- keep the shoulders stabilised

#### visualisation cues:

- draw the navel towards the spine
- keep the head and shoulders long



#### start position:

- lie in a neutral position
- place both feet flat, on top of the BOSU
- put the arms by the sides of the body



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- lift the hips towards the ceiling
- inhale and hold at the top

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- return slowly to the start position

#### options:

- to increase the instability and the challenge, place the arms across the chest

### Squat (dome side up)

#### target muscles:

- Gluteus minimus & maximus
- quadriceps
- hamstrings

#### origin:

- Gluteus minimus & maximus – ilium & ilium, sacrum, coccyx respectively
- Quadriceps – ilium, sacrum
- Hamstrings – ischium

#### insertion:

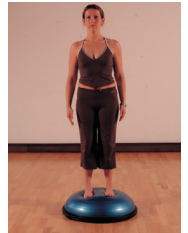
- Gluteus minimus & maximus – femur
- Quadriceps – patella, tibia
- Hamstrings – tibia

#### teaching points:

- use the arms as a counter balance
- keep the weight even in both feet throughout the exercise

#### visualisation cues:

- draw the navel towards the spine



#### start position:

- stand in a neutral position on top of the BOSU with the feet either side of the small centre circle
- place the arms by the sides of the body



#### transitional phase:

- exhale, engaging the deep abdominals and pelvic floor
- lower down into the squat
- arms come forward to aid in counter balancing
- inhale and hold at the bottom

#### finish position:

- exhale, engaging the deep abdominals and pelvic floor
- push out of the squat back to the start position

#### options:

- to increase the challenge hold a dumbbell in each hand

### Julie Burfoot

Julie has worked in all sectors of the industry including overseas at the Dubai Hilton Beach Club and the Dubai Police General Head Quarters for His Highness General Sheikh Mohammed Bin Rashid Al Maktoum. There, she was employed to set up the Sports and Physical Fitness Programme, which she ran for the whole of the United Arab Emirates. On her return to the UK Julie helped set up a new health and fitness Club in Wooburn Green and currently runs her own personal training company.

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