

BOSU® Pilates Core Power

Evolve your core training and take it to the next level! Fusing elements of Pilates, experience an integrated approach to moving from your powerhouse and the relationship to total body strength, balance and power. Tackle your complete core in 6 body positions and walk away with functional and unique ideas to add to your workouts. Utilizing the unique properties of the BOSU® Balance Trainer, dive deep into core stability and mobility as you learn movement complexes and strategies to build core strength, as well as improve performance and function.

Whole Body Movement

Training the body to move in a pain free, efficient and effective manner means training the entire body in a multi planar environment! Whole body movement requires the integration and coordination of multiple body systems working in harmony such as skeletal, muscular, fascial and nervous.

Global / local / planar viewpoints

Trunk Integration

The core consists of two systems also known as the inner unit and the outer unit. Both systems must work together to create harmonious movement patterns between the thorax, spine and pelvis. (Reference: Diane Lee, PT)

Inner Unit – Stability Core

- Diaphragm (roof at top)
- Pelvic Floor (floor at bottom)
- Multifidi (internal vertical support)
- Transverse Abdominis (provides integrity to abdominal wall)

Outer Unit – Mobility Core (Maintains Lumbopelvic Stability During Movement)

- Anterior Oblique Sling (rotates and flexes)
- Posterior Oblique Sling (rotates and extends)
- Deep Longitudinal System (extends the spine)
- Lateral System (keeps pelvis balanced over femurs)

Mobility and Stability Relationships

Mobility	Stability
Ankle joint	Knee joint
Hip joint	Lumbar region
Thoracic region	Scapulothoracic joint
Glenohumeral joint	Elbow joint

BOSU® Pilates Core Power Workout

Warm-Up	
<p><u>Stability Core:</u> (Standing behind BBT) Arm reaches Squats Tic toc Cross over lunge with attitude</p>	<p><u>Mobility Core:</u> (Standing behind BBT) Cross body arms with flexion & extension Squats Spine twist - rotation Roll down to lunge with hip opener and knee bends (plank transition to other side)</p>
<p><u>Notes:</u> Introduce standing movement complexes without using the BBT to acclimate and warm-up in all planes of motion.</p>	<p><u>Notes:</u> Spinal mobility and evaluation of range of motion in flexion, extension and rotation.</p>

Standing	
<p><u>Stability Core:</u> *(Side to BBT) Frog squats Tic toc Cross over lunge touch dome (repeat other side)</p> <p>*Weighted bar optional</p>	<p><u>Mobility Core:</u> (On top BBT) Roll down to pike Knee bend / articulated pike Knee bend / articulated oblique pike hops</p>
<p><u>Notes:</u> Keep torso stable and upright when performing stability core exercises and think hip hinging when moving into the curtsy.</p>	<p><u>Notes:</u> Spinal mobility and articulation is key on planks, however don't forget about shoulder stability and mechanics.</p>

Kneeling	
<p><u>Stability Core:</u> (Knees on BBT)</p> <p>Quadruped Lift & lower Diagonal Windshield wiper (repeat other side)</p> <p>Side Lift & lower Side kick Circles (repeat other side)</p>	<p><u>Mobility Core:</u> (Knees on BBT)</p> <p>Quadruped Cat Scorpion Rotation</p> <p>Side Rotational obliques</p>

<p><u>Notes:</u> Resist side bending and flexing during movement complexes. Pay attention to the difference between each side and possible compensatory patterns.</p>	<p><u>Notes:</u> Regress this entire series to forearm or hand on dome.</p>
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Sitting	
<p><u>Stability Core:</u> *(Sitting on BBT) Flat back hinge T spine rotation hinge Around the world</p> <p>*Weighted bar optional</p>	<p><u>Mobility Core:</u> *(Sitting on BBT) Roll back Roll back with rotation Tilt Spine twist Sprinter</p> <p>*Weighted bar optional</p>
<p><u>Notes:</u> Limit range of motion to regress movement complex and keep lumbopelvic region safe.</p>	<p><u>Notes:</u> Focus on a sense of lifted flexion when rolling versus collapsing or crunching when mobilizing spine.</p>

Side	
<p><u>Stability Core:</u> (Hand or Forearm on BBT)</p> <p>Dome Up T stand falling star T stand falling star toe taps T stand hinge arm touch</p>	<p><u>Mobility Core:</u> (Hip on BBT)</p> <p>Dome Up Oblique kicks Twisted teaser</p> <p>Dome Down Side lifts Star</p>
<p><u>Notes:</u> Focus on keeping the lateral line long and stable, even when adding in the hinge arm touch.</p>	<p><u>Notes:</u> Use the roll of the dome side down to activate lateral flexion.</p>

Supine	
<p><u>Stability Core:</u> *(Feet, Shoulders on BBT)</p> <p>Dome Up Reverse plank Leg pull back Bridge neutral Bridge neutral – single leg</p> <p>*Weighted bar optional</p>	<p><u>Mobility Core:</u> *(Feet, Shoulders on BBT)</p> <p>Dome Up Bridge articulated Bridge hip dips</p> <p>Dome Down Bridge ankle mobility Shoulder bridge shoulder mobility</p> <p>*Weighted bar optional</p>
<p><u>Notes:</u> Keep feet close to hip distance apart and watch pelvis / stability core placement when using weighted bar and going into single leg.</p>	<p><u>Notes:</u> Focus on clear integration of hamstrings and gluteals during dome down exercises.</p>

Prone	
<p><u>Stability Core:</u> (Hands, Forearms, Hips on BBT)</p> <p>Dome Up Plank Push up Plank jack knee drops</p> <p>Dome Down Handstand or forearm pike</p>	<p><u>Mobility Core:</u> (Hands, Forearms, Hips on BBT)</p> <p>Dome Up Single leg plank with rotation Swan</p> <p>Dome Down Swan dive rocking</p>
<p><u>Notes:</u> Regress push up to knees and be mindful of wrist angle.</p>	<p><u>Notes:</u> Keep abdominals engaged and focus on thoracic mobilization and rotation.</p>

Thank You!

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