

W O M E N ' S *fitness* & HEALTH

VOL. 11 NO. 8
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BOSU Workout

The goal of these exercises is to challenge the cardiovascular system, while simultaneously working dynamic balance, agility, core stabilisation and muscular endurance of the body.



Acclimating to the BOSU® Surface

Practice stepping on to the dome. Then, walk forward off the dome and onto the floor. Repeat. Make sure that you alternate legs. Step up and down from the side of the BOSU®. Finally, step up on top of the dome and down to the back.



Rotary squat with jump Stick

Perform 20 repetitions, alternating sides. Place feet hip width apart and perform a squat, while simultaneously rotating the torso to one side and reaching for the outside of the knee or ankle. Begin to extend out of the squat and continue into a forward facing jump.



Practicing "Centered" Position

Place your feet hip width apart, arms out to the sides, with the knees "soft" (not locked) and the feet level. As your balance and co-ordination improve, your body will become more and more efficient at maintaining balance.



Leap hold with compressions

Perform 20 repetitions on one side, 30 seconds of compressions or jogging on top of dome, and 20 repetitions on the other side.

Stand on the floor to one side of the BOSU®. With the inside leg, leap to the centre of the dome, landing on one foot and briefly holding. Step back down with the outside leg. Repeat the leap hold on the same leg. After completing the desired number of repetitions change legs.

MODEL: SARAH WADE, DRESSED BY RUNNING BARE, SHOES BY RYKA, PHOTOGRAPHY BY CHARLIE SURIANO



V-Sit with counter rotation

Perform 12 to 20 repetitions, alternating sides.

Sit on dome and lean back, and then lift one leg at a time until the body is in a bent knee v-sit position. Slowly lower the knees to one side while rotating the torso in the opposite direction. The rotation of the torso should counterbalance the movement of the legs.



Lateral Curl with Side Balance

Perform 12 – 20 repetitions, and then hold a balance position for 10 to 30 seconds.

In a side-lying position, centre the waist on top of dome. Extend the legs in a "scissor" position on the floor. Place the hands behind the head, and relax over the dome until a stretch is felt down the side of the body. From this stretched position, lift the torso and flex to the side.

For more of a balance challenge, cross the arms over the chest.



Single leg balance with torso rotation

Perform 10 to 60 seconds of balance on each leg.

Centre one foot the dome. Touch the other foot on side of dome until balance is established. Slowly lift the non-weight-bearing leg out to the side. Hold the arms out to the side. For more balance challenge, rotate the torso until one arm is reaching front and the other back.



Arm/Leg Flutter with opposition balance.

Perform 10 to 30 seconds of the "flutter," then hold a balance position for 10 to 30 seconds on each side.

Lie face down. Lift the legs until they are parallel to the floor. Rest the elbows on the floor, or extend the arms overhead for more challenge. flutter the arms and legs. **F**



Opposite Arm/Leg Raise with knee pull

Perform 6 to 10 repetitions on each side.

Kneel with one knee centred directly on top of the dome and the hands placed on the floor in front of the platform. Extend the other leg to the back. Simultaneously, lift that leg and the opposite arm until they are parallel to the floor. Slowly, bend both the arm and leg, pulling the elbow and knee slightly toward the abdomen. Extend back out to the previous lifted and *balanced position.

BOSU® available at

