

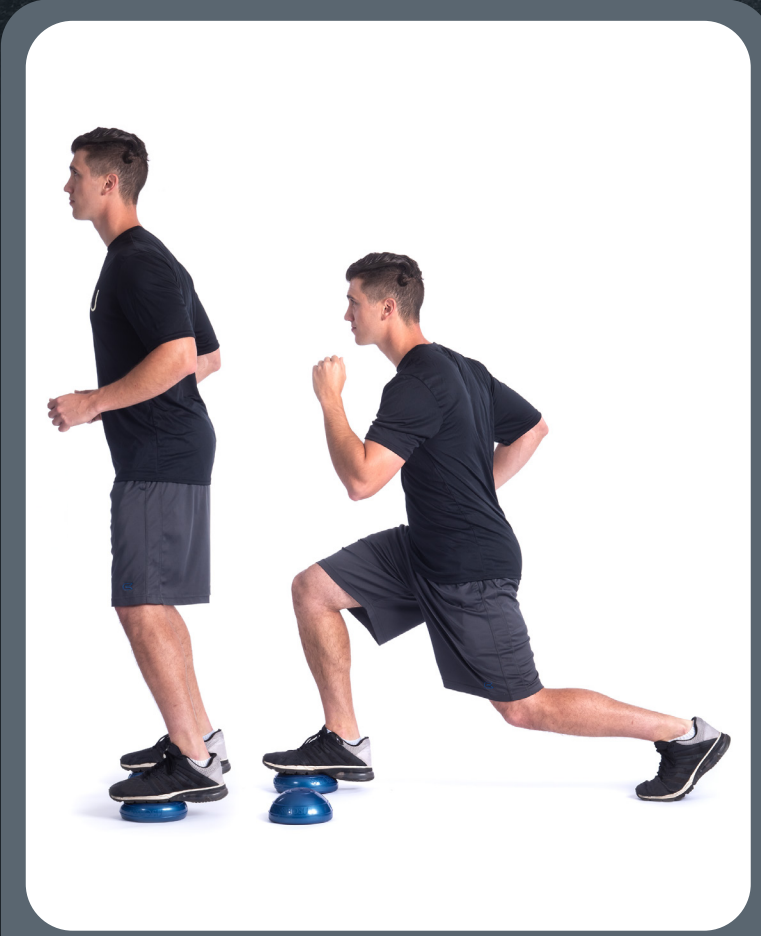
BOSU®

BALANCE PODS

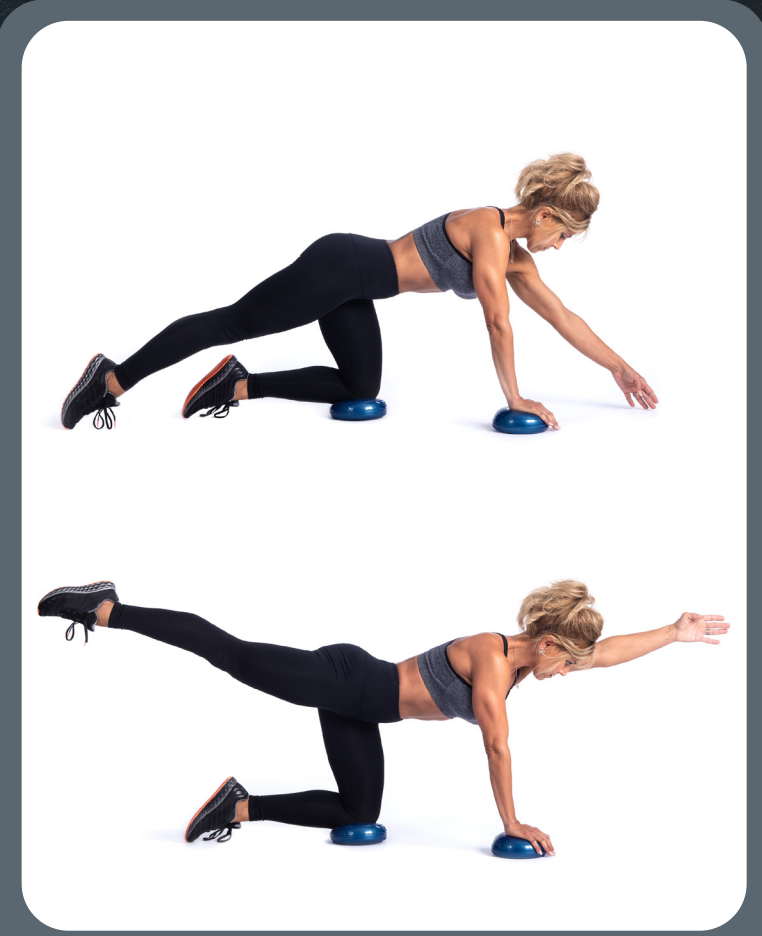
TRAINING THAT TRANSLATES TO LIFE™



SQUAT TOUCH DOWNS



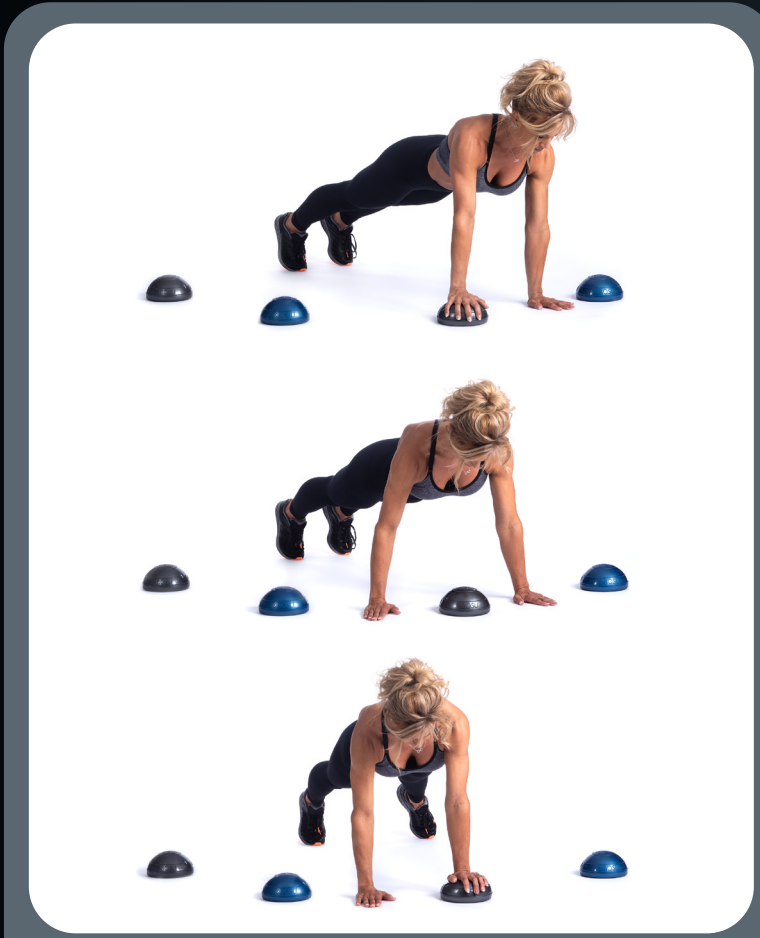
ALTERNATING REAR LUNGE



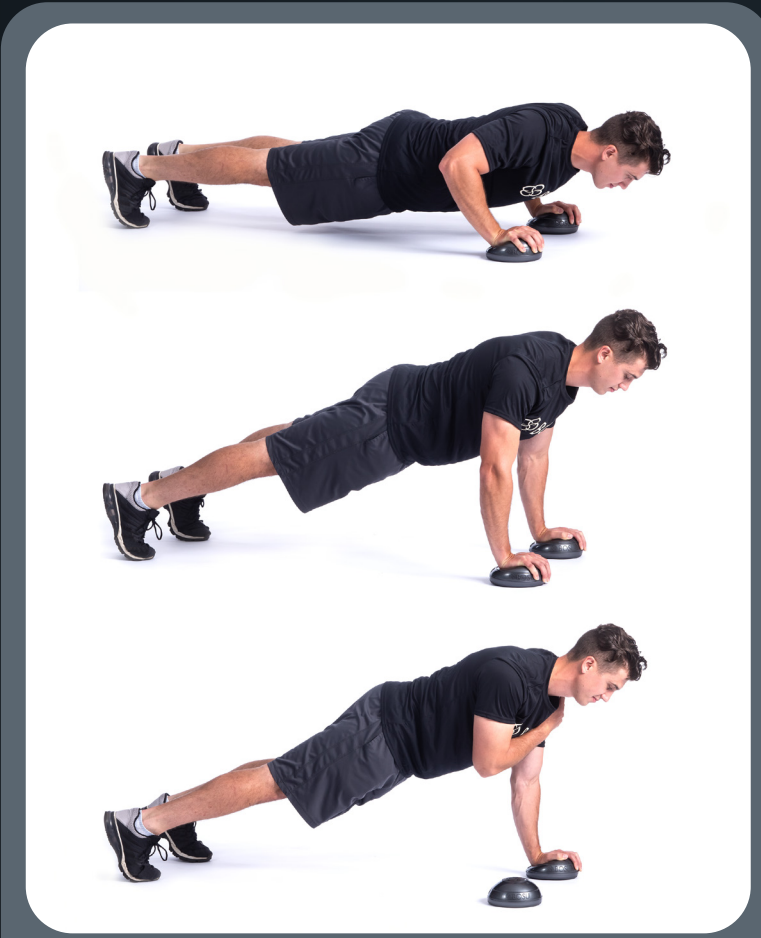
BALANCED BIRD DOG



CLOCK TAPS



PLANK HAND WALK



PUSH-UP PLANK TAPS



BALANCE BRIDGE



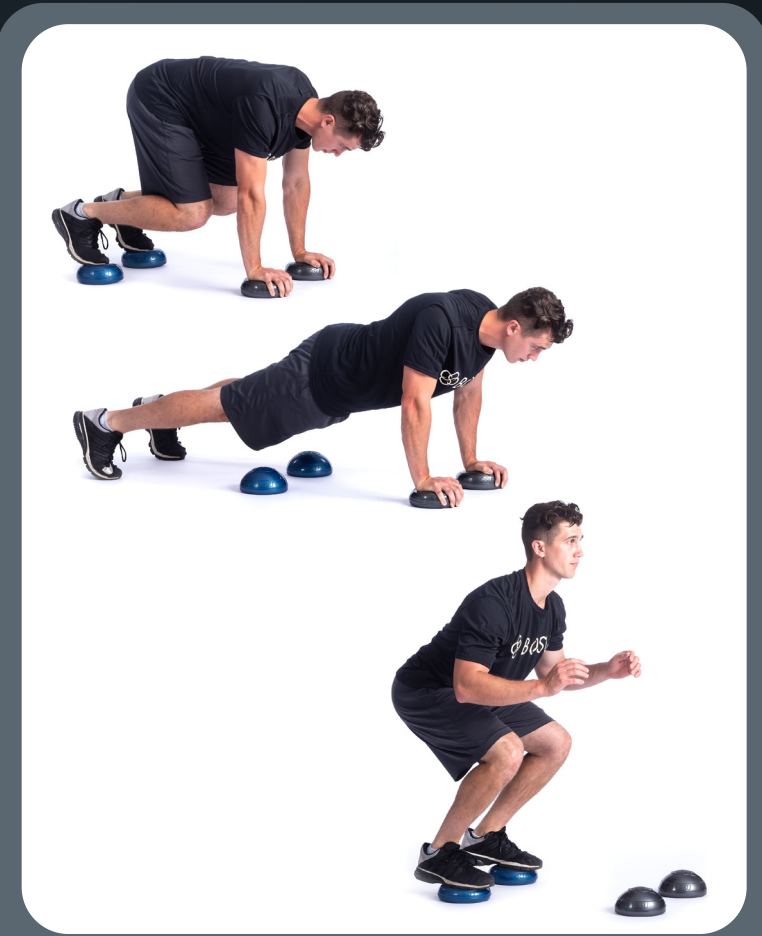
FOREARM PLANK PRESS



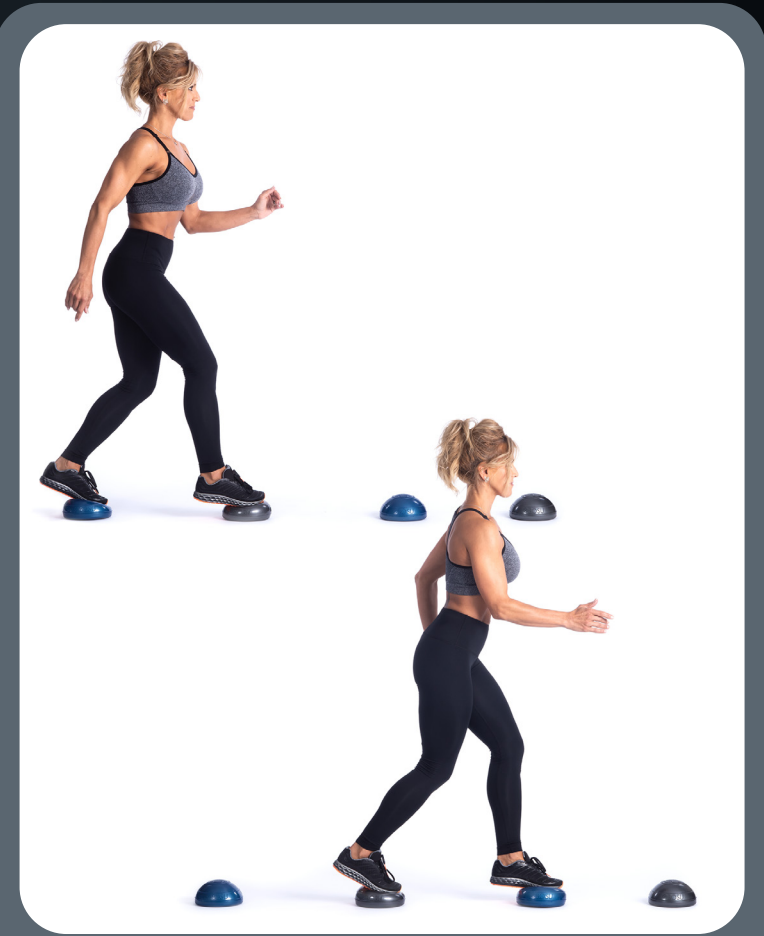
PUSH-UP SIDE PLANK



SQUAT HOPS



SQUAT TO BURPEE



CROSS THE RIVER

BALANCE

AGILITY

CORE

CARDIO

STRENGTH