



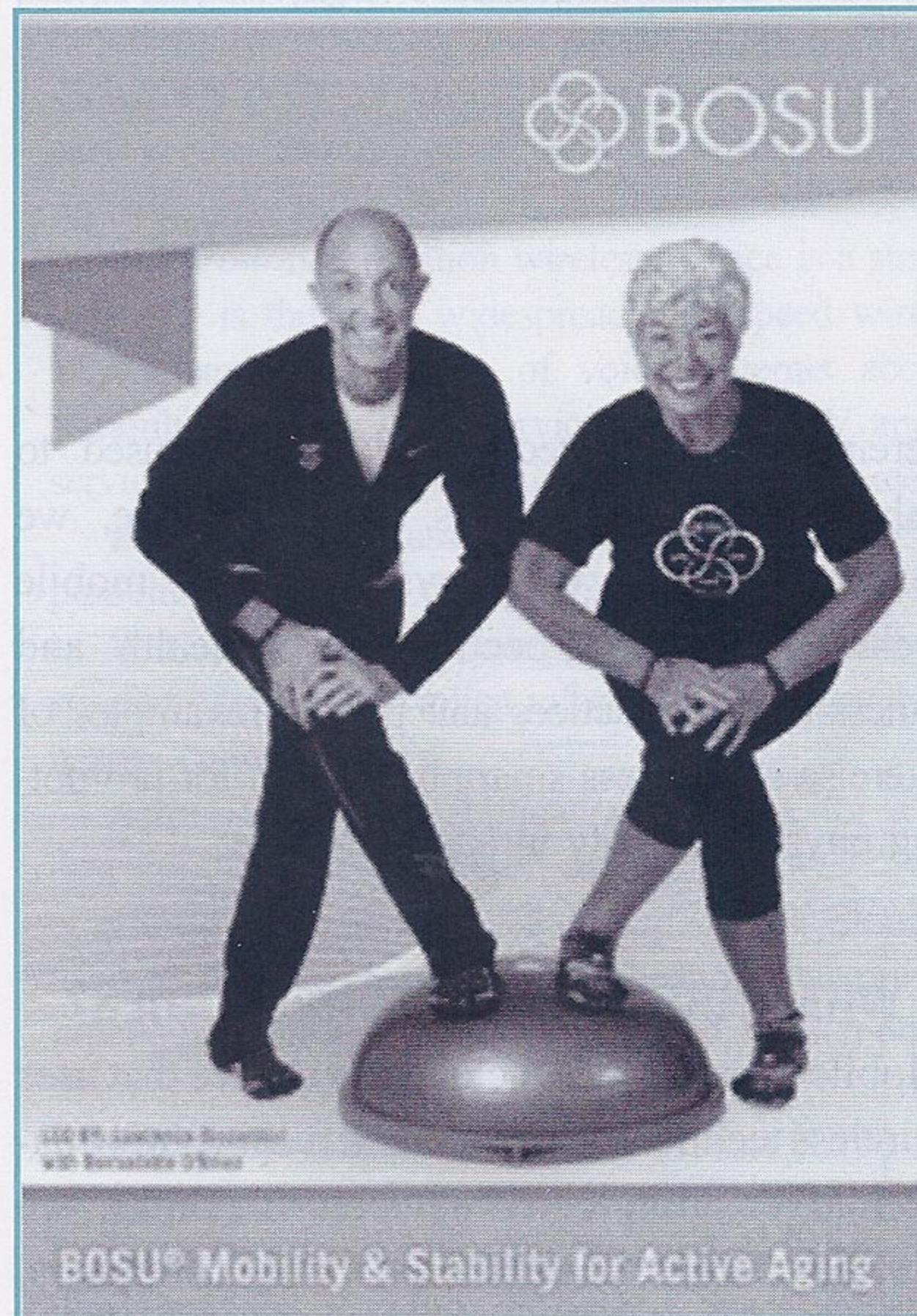
(8-hour Pre-Con Workshop).” In addition, master trainers are available to organize BOSU courses for fitness professionals in a health club setting. Visit the BOSU Web site to learn more.

Helen Vanderburg, a BOSU Workshop leader and 2005 IDEA Fitness Instructor of the Year, says, “The BOSU Complete Workout System certification is designed to provide group instructors and personal trainers a solid foundation to utilize the BOSU Balance Trainer in fitness programs. The certification gives trainers the knowledge of the science behind functional balance training in relationship to the BOSU, as well as teaching skills to accommodate all levels of fitness with new tools and ideas for designing endless BOSU workouts that are effective and fun.”

FUTURE DIRECTIONS AND OPPORTUNITIES

Going forward, there are many opportunities for fitness professionals to incorporate the BOSU ball into a client’s training program, especially among the active aging population and patients in rehabilitation, as well as the general population and athletes. With the aging population, the BOSU ball has the ability to provide functional fitness training, with particular emphasis on balance issues. Balance is a fundamental aspect to activities of daily living, performance, fall prevention, and independence in seniors. Using the ball for rehabilitation purposes after injury or surgery — in any population — also can be an effective application of the equipment. And, as Moose notes, “I utilize both sides of the BOSU for strength, cardio, and agility drills with athletes for a total body

Photo courtesy of Lawrence Biscontini.



workout. For many of my clients, the BOSU is an excellent tool for balance exercises, requiring them to use more muscle to stabilize their body, which is increasingly important as we get older.”

Lawrence Biscontini, M.A., a mindful movement specialist and BOSU development team member with the Active Aging program, says, “The BOSU Balance Trainer improves overall function of life because life is unstable and unpredictable, and so is the BOSU Balance Trainer. Furthermore, the ankles (and other contact points) have to learn to stabilize independently, not together, just like in life. We only stand on the BOSU Balance Trainer for 10 minutes

but incorporate of other game

Each client is functional need professional, m when designing Keep in mind abilities, as well use the ball as appropriately that central to the program for yo ple of specific professional m imen to an inc ties, and goals. op a safe, rel exercise sessi regardless of the into the worko

Social Media and Resources

Smart phone BOSU ball are a iTunes App Store Market. Connect on www.facebook.com Fan.Page and Twit

References

1. BOSU Official Global [Internet]. [cited 2014]
2. Mayo Clinic. Web site fitness training: Is it ri Jan 29]. Available from functional-fitness/art-20