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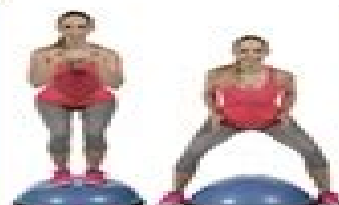
CARDIO



SPLIT SQUAT OVERS



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STRADDLE JUMP



STRIDERS

STRENGTH/ENDURANCE



DOUBLE LUNGE



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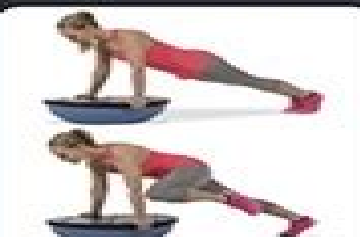


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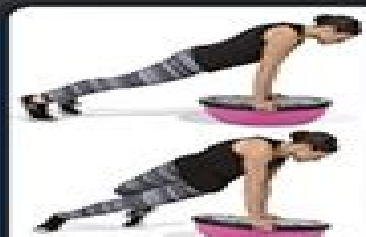
LATERAL CRUNCH



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EXTEND AND TUCK



SCORPION

MOBILITY



BUTTERFLY



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Bosu Exercise Manual

Marina Aagaard



Bosu Exercise Manual:

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