

B3F - BOSU TAG TEAM PARTNER'S CHALLENGE

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Life is a competition! From a very early age deep down in every human being, it's about a challenge. There are different challenges and we push ourselves in different ways. Some people want to be the best that they can be and others are quite content where they are. Life is also full of comparisons, where social status demands that we benchmark results and strive to better them or beat the person next to us. As trainers and coaches our livelihood depends on getting results and helping people compete to achieve their goals. We also know that one of the prime reasons people come to see a PT is to be pushed to find that little extra that we couldn't do on your own.

Group Personal training and "buddy" training has become the norm in our facilities and it isn't only because it is cheaper. It is mainly because team and partner training brings out that inner warrior that just has to be better than whoever they are training with. Today is not going to be any different!

The way we train has also changed. Traditional training involves linear movements, push pull lines and not a lot of Multi-directional or 3 Dimensional movements. It was all about getting bigger and looking good and of course there is nothing wrong with that. However our gyms clientele has become one that wants to move better have greater variety, interact and bring out the inner warrior by challenging and a lot of the time training with someone. Functional Training and core strength are the must have's to play sport and function better at home.

Today's workout will focus on two major pieces of functional training equipment which are probably the most versatile in the industry today, BOSU and ViPR. One will be doing the exercise with the other one doing the coaching/motivating and counting the repetitions. Your goal is to do as many as you can in a minute and then **'Tag – You're It!'** A quick changeover here and your partner will try to beat your score. Each round will be approximately one minute then your partner takes over. So let's get it on!

Dynamic warm up with partner challenges- 10 minutes

- Foot stomp - try to stand on partners toes
- Squat jump challenge – 3 jumps , getting as much distance as you can
- Cone shuffle – side out ,side back touch
- Lateral shuffle – side to side fast low shuffle
- Wheel barrow walk – go as far as you can in 15 seconds
- Side skater long bound
- Suicide run challenge. How many in 15 seconds?



Circuit 1 Challenge – Split the Room!

Half on ViPR, half on BOSU.

BOSU Drills:

1. Triple Stick – Ground BOSU Ground – two feet landing.
2. Fast Feet – Down Down Up Up
3. Around the world duck walk – low waddle full circle then turn around.
4. Plank to Push up – Elbows on BOSU, then push up
5. Ballast Ball Slam jump – Shift Shift jump Slam!

ViPR Drills:

1. Shuffle High to low 30 Seconds each side
2. ViPR Primal Push and pull Crawl. Push out 10 metres then pull it back.
3. ViPR Jump Lateral shift. Jump Press with ViPR shift at shoulder height
4. ViPR lunge split jumps + side sumo
5. ViPR O'Head press with triple feet shuffle

Circuit 2 Challenge BOSU + ViPR – All in together!

1. BOSU ViPR Standing Paddle Board with jump
2. BOSU Dead Bug ViPR pull in – feet not to touch ground
3. BOSU ViPR Lateral Shuffle to Skater. 4 steps on top with fast feet, then jump to one side with Skater. Back to on top, repeat other side.
4. BOSU with Windscreen wiper and Touch down each side.
5. BOSU Thread the needle jump turn.
6. BOSU ViPR X Country Ski With ViPR O'Head press. Start on ground with one foot on top then press ViPR.
7. BOSU Jump ViPR block rotate. (Waist level)
8. BOSU ViPR Cylinder lift pulse. Pulse up Slide down.

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Website: www.qpec.com.au

www.bosu.com

QPEC Face Book page& ViPR Australia Face Book.

