

Health & Fitness

Move of the Month

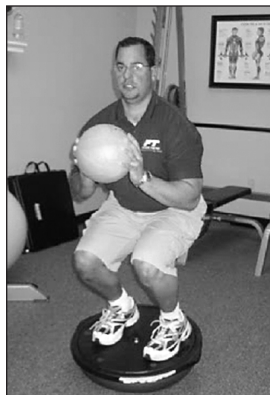
NAME OF EXERCISE: Medicine Ball Squat on Bosu

DIFFICULTY LEVEL: Intermediate

EQUIPMENT: Medicine ball and Bosu Balance Trainer

BENEFIT:

This exercise targets the muscle groups in the lower body, especially the quadriceps, hamstrings and glutes. It also helps to improve core stabilization and balance as you try to maintain your center of gravity over a constantly changing surface (the Bosu).



PROGRESSION:

Start off doing one set of 8-12 reps with a light medicine ball. Once you learn the form of the exercise, gradually increase the medicine ball weight and perform an additional set.

DESCRIPTION OF THE MOVEMENT:

- Place the Bosu domeside down.
- Hold a medicine ball with both hands directly in front of you at chest level.
- Step on to the Bosu's flat platform and place your feet a little wider than shoulder width apart, toes pointing outward and knees slightly bent.
- Begin to squat by moving your hips back as if sitting in a chair.
- As you lower yourself, maintain your weight directly over the heels.
- The arms remain at chest level as you hold the ball; keep the chest upright, shoulder blades pinched and back straight.
- Lower to approximately 90 degrees of knee flexion.
- Pause momentarily and slowly return to the erect position.
- Repeat for desired number of repetitions.

WAYNE'S TIP: Try to keep your knees behind your toes with weight in the heels as you are performing the exercise.

This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or go to www.ftfreehold.com.



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