

BOSU Ball Stomach Exercises

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BOSU balls effectively target the abdominals and core muscles due to the abs utilizing the core strength to aid in muscular balance. These "half circle" balls add extra resistance to abdominal exercises due to the angle of the equipment and from the uneven surface when the blue section of the ball is on the floor. BOSU trainers are effective for all fitness levels and ages. Completing abdominal exercises on the ball can increase the range of motion as well as help tone the core muscles. Diet and cardiovascular exercise also factor in to obtain a flat stomach.

V Sits

V sits on the floor are challenging, but when completing the exercise on the BOSU, it adds deeper muscular contraction and balance. Sit on the BOSU with your feet on the floor. Grab the back of the legs and lower the torso to a point of muscular contraction. To increase the challenge, lift the feet off the floor and bring the arms to shoulder level. An isometric move can be held. For movement, place the hands on the ball underneath the shoulders. Inhale, straighten the legs and exhale, crunch to a V shape. Complete two to three sets of 12 to 20 repetitions.

BOSU Planks

Place the BOSU ball with the flat section of the ball facing up. Place the thumbs into the grooved handle where the hands are directly underneath the shoulders. Exhale, extend the legs out into a plank position. Deeply inhaling and exhaling, hold the pose for 30 seconds while engaging the core muscles to keep a nice straight line with the body. To increase the challenge, cross the right knee toward the left elbow. The joints do not have to touch, but make sure the knee crosses the mid-line of the body to complete an effective exercise. Repeat with the left leg. Alternate legs on the exhalation and complete two to three sets of 16 to 26 repetitions.

BOSU Bicycles

Lie on the BOSU with the middle and lower back on the center of the ball. Position the hands behind the head and bring the knees toward 90 degrees. While maintaining balance, bring the left elbow toward the right knee as the left leg extends straight. Repeat with the opposite side. Complete two to three sets of 12 to 26 repetitions. If proper alignment is not maintained, always start from the beginning balancing on the middle and lower back.

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