

THE COFFEE CUP

Exercise Instructions



Watch the exercise video here: www.betriebe.bfu.ch

**WHEN DOING
THE FOLLOWING
EXERCISES,**

*make sure you engage your core muscles
(abdomen, back, buttocks, pelvic floor).
To do this, maintain a straight posture
and imagine you are drawing your belly
button in towards your spine.*

EXERCISE 1

Balancing while standing



Take the tray from the wall. Place six cups on the tray (as shown in the image). Hold the tray with both hands, your arms bent, and step onto the BOSU® Balance Trainer. Try to stand still for 20 seconds without losing your balance or causing the cups to fall over. If you find this exercise easy, hold the position and close your eyes for another 20 seconds.

Repeat this exercise up to 4 times.

EXERCISE 2

Balancing while turning



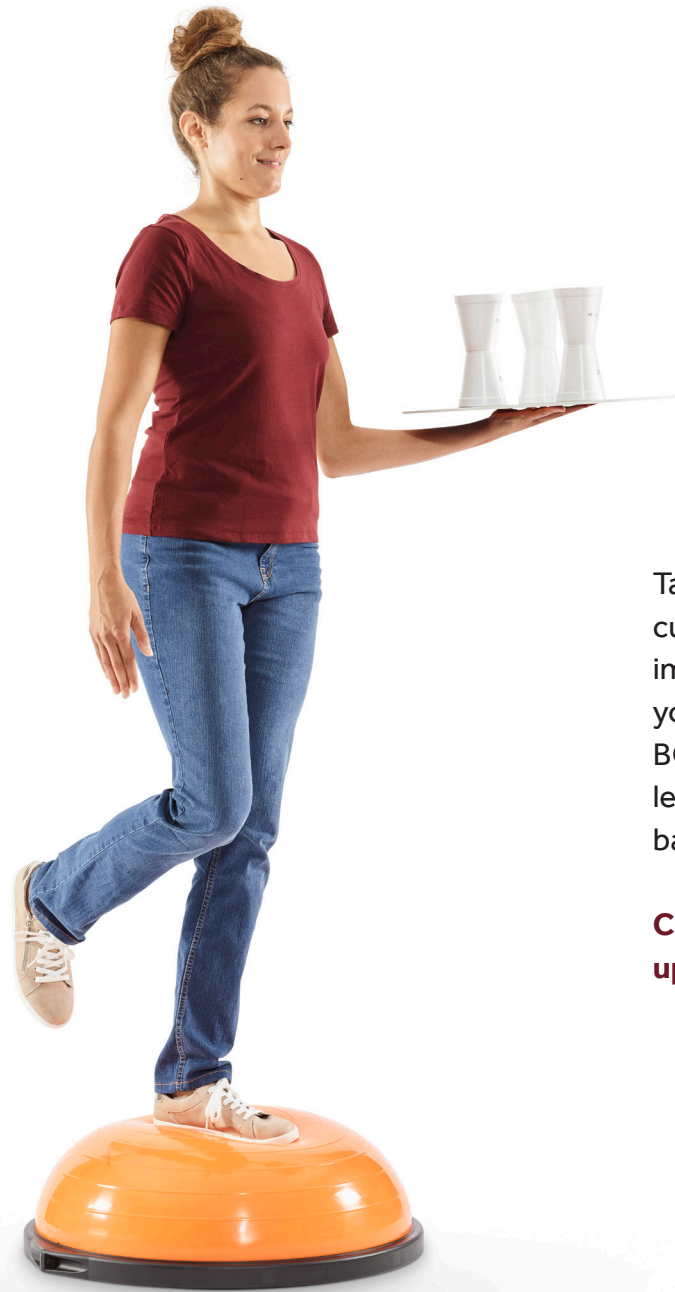
Take the tray from the wall. Place six cups on the tray (as shown in the image). Hold the tray with one hand, your arm bent, and step onto the BOSU® Balance Trainer.

Turn on your own axis once in 20 seconds without losing your balance or causing the cups to fall over.

Repeat this exercise up to 4 times.

EXERCISE 3

Balancing on one leg



Take the tray from the wall. Place six cups on the tray (as shown in the image). Hold the tray with one hand, your arm bent, and step onto the BOSU® Balance Trainer. Stand on one leg for 20 seconds without losing your balance or causing the cups to fall over.

Change leg and repeat this exercise up to 4 times.

EXERCISE 4

Stability Squat



Stand in the centre of the BOSU® Balance Trainer with your hands hanging relaxed at your side. Now slowly bend your knees and push your buttocks down and back. Your knees should not be further forward than your toes. At the same time, stretch your arms out in front of you. Your eyes are relaxed and looking down, so that your

neck is an extension of your spine. If you find this exercise easy, close your eyes for a few seconds while holding the final position.

Repeat this exercise 8–12 times in 1–3 series.

EXERCISE 5

Strength
Lunge



Stand 50 to 80 cm away from the BOSU® Balance Trainer. Take a lunge step forward, putting your front foot on the centre of the BOSU® Balance Trainer. Bend your front knee up to 90 degrees while keeping your upper body straight. Return to the starting point.

Repeat this exercise 8–12 times. Perform 1–3 series per leg, then change leg.

EXERCISE 6

Strength and Coordination Step-by-step over the BOSU®



Stand next to the BOSU® Balance Trainer with your weight on your outer leg. Put your inside foot on the centre of the BOSU® Balance Trainer while simultaneously bending your knee and bending your arms in front of your upper body. Shift your weight onto your leg on the BOSU® – your knee should not be further forward than your toes. In a step-by-step motion, jump to the other side of the BOSU® by

changing your supporting leg on the BOSU®. At the other side of the BOSU®, remain in the start position for at least 1 second before moving back to the starting point. The higher you jump, the more effective the exercise.

Repeat this exercise 8–12 times in 1–3 series.