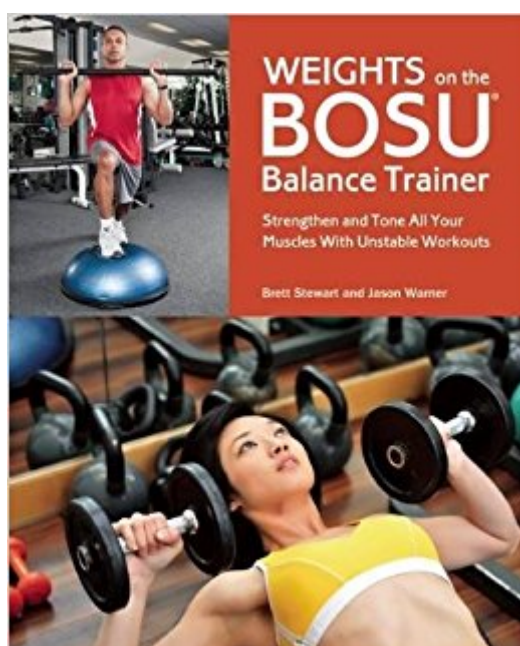


The book was found

# Weights On The BOSU® Balance Trainer: Strengthen And Tone All Your Muscles With Unstable Workouts



## Synopsis

TAKE YOUR WORKOUT TO THE NEXT LEVEL Pairing weights with the BOSU® Balance Trainer's unique unstable platform is the ideal way to get in shape, burn fat and develop powerful, lean muscles. The lifting builds and sculpts primary muscles, while the balancing tones secondary and supporting muscles for maximum results. This book's unique program draws on the unbeatable combination to super-charge your workout with highly effective exercises: FLYS while lying on the dome to target your chest and shred your core CURLS while balancing on the flat side to build biceps and tone your legs Deep-knee SQUATS with an overhead bpress to work every muscle group Packed with dozens of fully illustrated, easy-to-follow exercises, as well as day-by-day workout programs for beginners, weekend warriors and elite athletes, *Weights on the BOSU® Balance Trainer* is the ultimate guide to quickly transforming your body.

## Book Information

Paperback: 144 pages

Publisher: Ulysses Press (July 16, 2013)

Language: English

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Product Dimensions: 7.4 x 0.4 x 9.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #766,975 in Books (See Top 100 in Books) #75 in Books > Sports & Outdoors > Miscellaneous > Equipment & Supplies #839 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## Customer Reviews

7 Weeks to 50 Pull-Ups-Brett-Stewart-9781569759219-14.95-Ulysses Press-5/2011-8000-7 Weeks to Getting Ripped-Brett-Stewart-9781612430263-14.95-Ulysses Press-1/2012-3000-7 Weeks to 300 Sit-Ups-Brett-Stewart-9781612430492-14.95-Ulysses Press-4/2012-1000-

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Exercising in the Bosu adds a new dimension to weight training, because this prop creates an instability factor to the body, which to be compensated, needs to engage the entire body in this effort. I liked the clarity and the creativity of the exercises in this book, albeit I would have wished that the images were bigger as well as colorful, as they would be easier and prettier to see, as well as to look at. And this is the sole reason why I only rated it 4 stars, because it lacked the esthetic appeal, which I think it is very important for visual motivation in anything. However, that does not detract from the substance of this book, which I do highly recommend, for a twist and a notch above addition, to a well established weight training routine.

Expected more. I was disappointed

As someone who has owned a BOSU for years this book provided a ton of new exercise ideas...love it!

Item in good condition.

This book is great and I love to give to some of the other personal trainers I work with at the gym.

Good workout book on the Bosu

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Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss)  
Sandbag Training Bible: Functional Workouts to Tone, Sculpt and Strengthen Your Entire Body  
Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder)  
Workouts With Weights: Simple Routines You Can Do at Home  
Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles)  
Anatomy & Physiology Part 1: Bones, Muscles, and the Stuff That Connects Bones and Muscles (Super Smart Science)  
ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly. (Letsdo yoga.com Wellness Series)  
Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)  
Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your

Abs, Core, Arms, Back and Legs Training Design and Delivery: A Guide for Every Trainer, Training Manager, and Occasional Trainer  
The Trainer's Big Book of Bootcamps: Ready-Made Workouts for Your Bootcamp or Group Fitness Class  
ACSM Personal Trainer Certification Flash Cards: ACSM Test Prep Review with 300+ Flash Cards for the American College of Sports Medicine Certified Personal Trainer Exam  
ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam  
Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts  
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