

Workout of the Month—BOSU



Burpees



Create a circuit out of this workout, performing each exercise back to back.

- Opt for **TIME** - 30-60 seconds each OR **REPS** - 10-15 of each
- *Beginners*—1 -2 rounds
- *Advanced*—3 or more rounds

Lunge to Balance



Back Extensions



Walking Push Ups



Side Bends

