



Get On It!: BOSU® Balance Trainer Workouts for Core Strength and a Super Toned Body

Jane Aronovitch, Miriane Taylor, Colleen Craig

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SUPER CHARGE YOUR WORKOUT BY GETTING ON A BOSU®

Get on It! taps the power of the BOSU ® to reshape your whole body while strengthening your core and stabilizing muscles. By showing how to adapt familiar exercises—such as lunges, crunches, leg lifts, push-ups and many more—to the BOSU®, this book transforms simple moves into fun, challenging and highly effective exercises.

With over 400 step-by-step photos, *Get on It!* illustrates over 80 on-the- BOSU® exercises that produce unmatched results for:

- muscle toning
- body sculpting
- fat burning
- posture alignment
- mental concentration
- sports conditioning

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