



INSTRUCTIONS

BOSU LUNGE TO PASSÉ

CATEGORIES: Balance, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/bosu-lunge-to-passe>

Ankles

Core

Hamstrings

Lower Body

Quadriceps

Turns



STEPS:

- Start in a lunge with your front foot on the flat part of a bosu ball.
- Push off your back foot and bring your leg to passé.
- Hold for a count and return to lunge.

Repeat 8-10 times on one side before switching.

[-] Remove bosu ball and come to relevé