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INSTRUCTIONS

BOSU BALL SQUAT

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/bosu-ball-squat/>



Steps:

- Using a wall or barre for support, climb onto a bosu ball with legs hip distance apart
- Slowly bend your knees and squat until knees hit 90 degrees
- Squeezing your core and glutes, slowly stand up back to original position
- Do not let the bosu ball rock during the repetition

Repetitions and Modifications:

Repeat 10 -20 times

[+/-] No ball?

Practice this skill on a squishy athletic mat, folded up yoga mat OR flat on the floor for your beginners