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INSTRUCTIONS

BOSU BALL COUPÉ / PASSÉ

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

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



Steps:

- Using a wall or barre for support, climb onto a bosu ball with one foot centered over the pump hole
- Bring arms into first position and bring one foot to coupe or passé.
- The goal is to keep the ball centered the whole time

Repetitions and Modifications:

- Hold for 30 – 60 seconds

[+] Add 10 – 20 plie's

[+/-] No ball?

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