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# INSTRUCTIONS

## BOSU BALL DEADLIFT

**CATEGORIES:** Balance, Power, Strength

**LEVEL:** Advanced

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



### Steps:

- Using a wall or barre for support, climb onto a bosu ball with one foot centered over the pump hole
- Once you find your center, bring one leg into passé
- Extend the leg backward
- Slightly bend the supporting leg and hinge at the hips
- Pull yourself back into passé

Repetitions and Modifications:

- Repeat 8 – 10 times each leg.

[+/-] No ball?

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