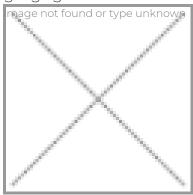
## gdfgdg



## **INSTRUCTIONS**

## **BOSU BALL PLANK LIFT**

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

URL: https://dancer-fitness.com/exercise/bosu-ball-plank-lift/

Abs Acrobatics Arms Back Chest Core Hip Flexors Shoulders Turn Out

**Upper Body** 



## Steps:

- ·Come into a plank position on the bosu ball with hands shoulder distance apart
- ·Slowly lift one foot up and hold for a count
- ·Place it down and repeat on the other side

Repetitions and Modifications: Repeat 10-12 times per leg

[-] Hold a plank on the bosu ball