

gdfgdg



# INSTRUCTIONS

## BOSU BALL TOE TAPS

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Advanced

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

Abs

Acrobatics

Core

Extension

Hip Flexors

Kicks

Shoulders

Turn Out

Turns



### Steps:

- Begin by sitting on the bosu ball
- Lift your feet off the floor. Keep your knees bent at first. Bring your shins parallel to the floor. This is half boat pose.
- Your torso will naturally fall back, but do not let the spine round.
- Roll your shoulders back and straighten your arms roughly parallel to the floor
- Balance on the sit bones
- Tap one or both feet to the floor
- Pick them back up and return to the first position

Repetitions and Modifications:

Repeat 10 – 20 times

[ - ] Hold boat post on the ball

[ + ] Extend legs and tuck them back in before tapping to ground