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# INSTRUCTIONS

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## AROUND THE WORLD CORE

**CATEGORIES:** Endurance, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/around-the-world-core/>

Abs

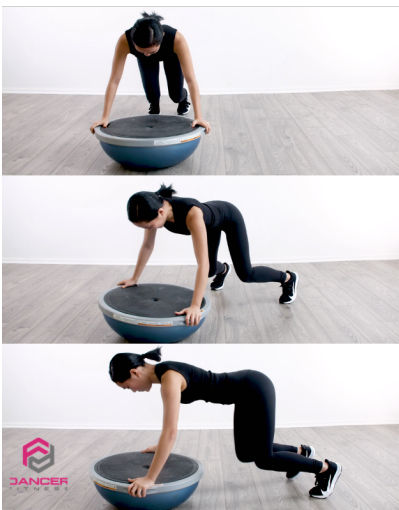
Ankles

Core

Full Body

Quadriceps

Turns



### STEPS:

- Using a bosu ball, place your hands on the outside of the flat part, creating instability on the bottom.
- Begin in a table top, pull your belly toward your spine and hover your knees a couple inches above the ground.
- Take tiny steps to the right, then to the left.
- Repeat 10 steps on one side before switching.

[ - ] Substitute towel for ball

[ - ] Remove instability and move side to side