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INSTRUCTIONS

BOSU ONE LEG PLANK PUSH BACK

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

Abs

Arms

Core

Hip Flexors

Kicks

Quadriceps

Shoulders

Upper Body



STEPS:

- Start in a plank with your feet on the top of a bosu ball.
- Lift one leg a couple of inches and push back with your palms, creating a bend in your hip.
- Return to plank, keeping your leg lifted.
- Repeat 10-12 times before switching sides.