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INSTRUCTIONS

BOSU PLANK KNEE TWIST

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/bosu-plank-knee-twist/>

Abs

Core

Turns



STEPS:

- Start in a plank with your hands on the flat part of a bosu ball, creating instability.
- Lift on knee towards the opposite elbow and return to plank.
- Alternate with the opposite knee.

Repeat 10-12 times on each side.