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# INSTRUCTIONS

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## BOSU SIDE PLANK

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/bosu-side-plank/>

Abs

Arms

Core

Shoulders

Turns



### STEPS:

- Start in a side plank, with your obliques lifted and one hand on top of the curved edge of a bosu ball.
- Begin to lift your hips and reach your extended hand underneath your side body.
- Return to start and repeat 12 times before switching sides.



[ - ] Remove bosu ball