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INSTRUCTIONS

BOSU TWO LEG PUSH BACK AND TWIST

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/bosu-two-leg-push-back-and-twist/>

Abs

Arms

Core

Full Body

Shoulders

Turns



STEPS:

- Start in a plank with your feet on the curved half of the bosu ball.
- Slowly twist and bend your knee to the side while pushing back with your palms.
- Return to plank and alternate on opposite side.

Repeat 12 times on each side.