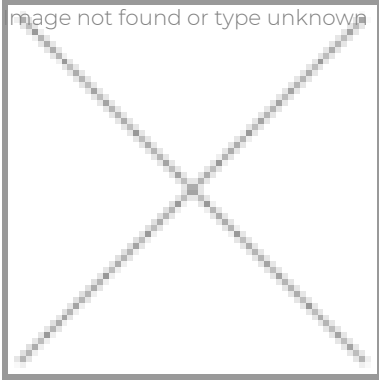


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# INSTRUCTIONS

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## BOSU WALKING PLANK

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

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

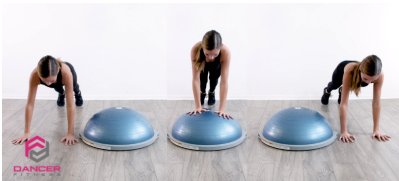
Abs

Core

Hip Flexors

Shoulders

Upper Body



### STEPS:

- Start in a plank position with the bosu ball to either side of your palms.
- Walk your hands and feet sideways towards the ball until both hands are placed on top.
- Continue walking your hands to the opposite side. Keep your hips still and level as you walk.
- Repeat back in the opposite direction.

[+] Add band around ankles

[+] Add a band around your wrists

[-] Remove bosu ball

Repeat 10 times total.