



INSTRUCTIONS

BOSU BALL COUPÉ / PASSÉ

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/bosu-coupe-passe>



Steps:

- Using a wall or barre for support, climb onto a bosu ball with one foot centered over the pump hole
- Bring arms into first position and bring one foot to coupe or passé.
- The goal is to keep the ball centered the whole time

Repetitions and Modifications:

- Hold for 30 – 60 seconds
- [+] Add 10 – 20 plie's

[+/-] No ball?

Practice this skill on a squishy athletic mat, folded up yoga mat OR flat on the floor for your beginners