



# INSTRUCTIONS

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## BOSU BALL PLANK LIFT

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Intermediate

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

Abs

Acrobatics

Arms

Back

Chest

Core

Hip Flexors

Shoulders

Turns



### Steps:

- Come into a plank position on the bosu ball with hands shoulder distance apart
- Slowly lift one foot up and hold for a count
- Place it down and repeat on the other side

Repetitions and Modifications:

Repeat 10-12 times per leg

[ - ] Hold a plank on the bosu ball