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## BOSU

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 15

**URL:** <https://dancer-fitness.com/plan/bosu/>

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### BOSU BALL DEADLIFT

**LEVEL:** Advanced

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

### BOSU LUNGE TO PASSÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/bosu-lunge-to-passe/>

### BOSU BALL COUPÉ / PASSÉ

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

### BOSU BALL PLANK LIFT

**LEVEL:** Intermediate

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

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

### BOSU BALL TOE TAPS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/bosu-ball-toe-taps/>

### BOSU SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### BOSU WALKING PLANK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BOSU PLANK KNEE TWIST

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-plank-knee-twist/>

## BOSU ONE LEG PLANK PUSH BACK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-one-leg-plank-push-back/>

## BOSU TWO LEG PUSH BACK AND TWIST

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BOSU BALL SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-squat/>

## AROUND THE WORLD CORE

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/around-the-world-core/>

## BOSU LUNGE TO PASSÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/bosu-lunge-to-passe/>

## BOSU BALL COUPÉ / PASSÉ

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

## BOSU BALL DEADLIFT

**LEVEL:** Advanced

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>