Title: Bosu Ball Burpees

Primary Muscle Groups: Biceps, Shoulders, Triceps, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Calves, Quadriceps

Summary: <ol>

<li>Stand with your feet at the side of a flat-top up bosu ball.</li>

<li>Place your hands on either side of the bosu ball and apply firm body weight.</li>

<li>With the weight transferred to your arms, kick your legs out behind you so that you end up in a starting push-up position.</li>

<li>Engaging your core to maintain balance, once again transfer your weight through your arms and hop your feet back to the side of the bosu ball.</li>

<li>Take hold of the bosu ball and drive upwards through your glutes, raising the bosu ball above your head.</li>

<li>Lower the bosu ball back to the starting position to begin another rep.</li>

</ol>