Title: Bosu Ball Leg Pull-in / Knee Tucks

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors, Lower Back

Summary: <ul>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a BOSU Ball on the ground with the blue rubber side facing up. Carefully, sit yourself in the middle of the BOSU Ball and place your hands by your side for balance. Bring your knees towards your chest and hold this position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly, extend your legs out while keeping a slight bend in your knees. Simultaneously, lean back while focusing the contraction on your core. Keep your balance with your elbows and forearms. Pause, hold the contraction, then return to the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat.</span></li>

</ul>