Title: Bosu Ball Mountain Climbers

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Chest, Shoulders, Triceps

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 down. Carefully, place a hand on each side. Take a push-up position. Make sure your core is tight and hips are level.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your left knee up and towards your chest. Focus on contracting your core. Return your foot to the ground and repeat on the other side.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue alternating until the set is finished.</span></li>

</ul>