Title: Bosu Ball Plank

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors

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, place your elbows on each side of the rubber side. Take a push-up position. Make sure your feet are together, core is tight and hips are level.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Brace your body on the BOSU Ball while focusing the entire contraction in your core. Keep hips from dipping by driving them up at a slight angle if you feel yourself dropping.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this position for the entire set.</span></li>

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