Title: Bosu Ball Plank Leg Lifts

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Hamstrings, Shoulders

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;">Slowly, raise your left foot up in the air. Pause, feel the contraction in your glutes and hip flexors then slowly descend. 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>

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