Title: Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs, Hamstrings

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. Lie on the ground and place your right foot on the rubber part of the BOSU Ball. Extend your left leg straight into the air. Extend your arms to the sides and tighten your core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With your gaze focused on the ceiling, push down with your right foot, elevating your hips. Tighten your glutes when you come to the top of the movement and hold. Slowly, lower your body towards the ground but do not lie back down until the end of the set.</span></li>

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

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