Title: Bosu Ball Static Balance

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet in a firm position on the bosu ball (about shoulder width apart)</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Gradually lower your body into a mid-squat position while raising your arms out in front of your body. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this static position with your legs bent at a 90-degree angle and your arms outstretched in front of you at shoulder height.</span></li>

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