

Chest (BOSU)



Exercise Description:

Pushup and Plank on BOSU

Classification:

Chest (BOSU)

Instructions:

1. Turn the BOSU so platform is up and hold on widest portion, chest directly over middle. Either on knees or toes, hold your body in this pushup position with abs in, body in a straight line.
2. Add difficulty by bending elbows and lowering into a pushup.
3. Repeat for the desired time or repetitions if completing pushups.