

Bosu Ball Seated Balance



Description: Start sitting on a Bosu. Lift up your arms and legs off the floor and balance on the Bosu on your butt. Keep your abs drawn in to maintain your balance. Hold for the desired time, then repeat.

Sets/reps: 2-3 sets of 30 seconds.

Modifications: Leave one foot on the ground until comfortable with the exercise.

Common Mistakes: Rounding of the back, not sitting directly on top of the ball.

Target Muscles: Abdominals, Transverse Abdominus.

****Tip:** Leave the heels only a few inches off the ground to help recover balance quickly when lost.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

