BOSU Push-up

The BOSU stands for “Both Sides Up.” It creates an unstable environment and incorporates more muscles than traditional push-ups. This is an advanced exercise.

Place your hands on the handles. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the BOSU. Exhale and press up to the starting position without locking your elbows.

Pectoralis Major
(Chest)

Deltoids
(Shoulders)

Triceps