BOSU V-Up (Double Knee)

Rectus Abdominus

Hip Flexors (not shown)

Stand on the platforms and place your forearms on the arm pads. Grasp the handles and lean back slightly against the BOSU. Draw your shoulders down and back to stabilize your shoulders.

Exhale and lift your knees toward your chest. Tuck your tailbone under as you lift your hips. Think about pulling your pelvis up toward your rib cage. Inhale and slowly return back to the starting position.