BOSU V-Up (Double Leg)

This is an advanced exercise. 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 legs as shown. 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.