

Week 4 Exercise

PUSHUPS ON THE BOSU

Add a whole new challenge to your pushups targeting the chest, arms, and core.



Step 1. With dome side down, hold onto the BOSU on either side in push-up position, on the knees or toes

Step 2. Keep the body straight as you bend the elbows and lower into a push-up

Step 3. Push back up

Repeat for 1 to 3 sets of 8 to 16 reps