

Move of the Month

Ball Bosu squat

Stand on a Bosu with arms overhead, holding a medicine ball.

Slowly lower arms straight down to chest level.

Squat down, bend forward slightly from hips, and do not allow your knees to go past your toes. Stand back up to start position.

Repeat for 12-20 reps.



The Living Lean Program
(925-360-7051)