Title: Dumbbell Lunges

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Holding a dumbbell in each hand, stand with your feet shoulder width apart.</li>

<li>Keep your shoulders back. And your back straight.</li>

<li>Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle.</li>

<li>Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.</li>

<li>Return to the start position by slowly straightening your legs and raising your body back to a standing position.</li>

<li> Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.</li>

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