Title: Dumbbell Squats

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Hamstrings, Lower Back

Summary: <ol>

<li>With your feet shoulder-width apart, stand with dumbbells as your sides with your palms facing each other.</li>

<li>Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.</li>

<li>Pause for one second.</li>

<li>Pushing up from your heels, raise back up to starting position and repeat.</li>

</ol>