Title: Dumbbell Step-Ups

Primary Muscle Groups: Hamstrings, Quadriceps

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a bench in front of you. Hold a pair of dumbbells and stand facing the bench. Brace your core and keep your gaze straight ahead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your right knee up and step up on to the bench. Placing all of the effort in your right leg, bring your body up into a standing position on the bench.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower yourself to the starting position and switch legs.</span></li>

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