Title: Goblet Squats

Primary Muscle Groups: Quadriceps

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

Summary: <ol>

<li>Stand with your feet shoulder width apart while holding a light dumbbell to your chest. You should hold the dumbbell by one end between your hands, with the other end extending down your torso. This is the start position.</li>

<li>Squat down keeping your slightly arched and pushing your hips back.</li>

<li>Continue down until your thighs are parallel to the floor.</li>

<li>Hold for a count of one.</li>

<li>Return to the start position.</li>

<li>Repeat.</li>

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