Title: Lunge Twists

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li class="p1">Stand upright with a tight core and flat back. Extend arms to chest level in front of you while holding the weight.</li>

<li class="p1">Step forward with one leg. Front thigh should be parallel with the floor. Drop the back knee.</li>

<li class="p1">Rotate the torso towards the leg that stepped out while keeping arms extended. Push back up to the starting position.</li>

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