Title: Lunging / Lunge with Bicep Hammer Curls

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

Secondary Muscle Groups: Abs, Calves, Lower Back

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall while holding a pair of dumbbells at your sides with an overhand grip. Your feet should be at shoulder-width. Tighten your core and carefully step forward with your left leg.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend the left knee forward while dropping the right knee towards the ground. Once your left thigh is parallel with the ground, pause and contract the hamstrings.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keep your upper arms at your sides as you curl the dumbbell up and towards your shoulder, and rotate them into a hammer position. Slowly lower the dumbbells then kick off the floor with your left foot to return to the starting position. Repeat on the right side. Continue alternating.</span></li>

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