Title: Reverse Dumbbell Lunges

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ul>

<li>Stand up straight with a tight core, holding the dumbbells at your sides.</li>

<li>Slowly, step back with your right leg. Your toes should be straight and facing forward.</li>

<li>Keep the front knee bent.</li>

<li>Bend and lower the back knee to where it is just above the ground.</li>

<li>Step forward to the starting position.</li>

</ul>