Title: Sumo / Plié Dumbbell Squats

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Stand up straight with a tight core and flat back.</li>

<li>Position your feet wider than shoulder-width. Your toes should be facing out diagonally.</li>

<li>Holding a dumbbell with both hands in front of you, look straight ahead and bend at the knees while driving your hips backward. Your knees should be following your toes in a diagonal line.</li>

<li>Complete this wide stance squat by having your thighs come parallel with the ground.</li>

<li>Pause and slowly return to the starting position without locking your knees.</li>

<li>Repeat.</li>

</ol>