Title: Alternating Curtsy Lunge

Primary Muscle Groups: Hamstrings, Quadriceps

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.</span></li>

</ol>