Title: Bodyweight Side Steps / Lateral Lunges

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

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.</span></li>

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