Title: Butt Kicks

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times.Start slowly and work up to a faster speed.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue this back and forth motion, keeping your arms swinging in motion. </span></li>

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