Title: Clamshells / Clams

Primary Muscle Groups:

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the left knee up while keeping the feet together.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the top of the movement and slowly lower your left knee down to the starting position.</span></li>

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