Title: Donkey Kicks

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Position yourself on all fours on a mat.</li>

<li>Position your hands underneath your shoulders and place your knees under your hips.</li>

<li>Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.</li>

<li>Lower the knee without touching the floor and repeat the lift.</li>

<li>Once you’ve completed the reps on the right leg, switch legs.</li>

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