Title: Duck Walks / Squats

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

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet slightly wider than shoulder width apart. Bend your knees and bring yourself down into a squat until your thighs are parallel to the floor. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keep your chest up, your eyes focused straight ahead, and your core engaged. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Take mini, duck-like steps forwards and backwards for the designated number of reps.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Quack quack. </span></li>

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