Title: Fire Hydrants / Abductor / Adductor Knee Raises

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.</li>

<li>Try to relax your core so that your back and abs are in a natural position.</li>

<li>Maintain this posture as you raise your right knee and bring it as close to your chest as you can.</li>

<li>Now raise your right thigh out to the side, keeping the hips still.</li>

<li>Kick your raised leg straight back slowly until it is in line with your torso.</li>

<li>Reverse the movement to return to the starting position.</li>

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