Title: Flutter Kicks

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.</li>

<li>Keep abs engaged and perform short kicks in an alternating fashion.</li>

<li>Repeat as needed and then lower legs to the ground.</li>

</ol>