Title: Forward Leg Hip Swings

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Stand tall holding onto a pole, wall or stationary object for support.</li>

<li>Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.</li>

<li>Don’t just let gravity pull the leg – actively use the muscles!</li>

<li>Switch sides once you have completed repetitions on the first leg.</li>

</ol>