Title: Front Kicks

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors

Summary: <ul>

<li>Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.</li>

<li>Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.</li>

<li>Begin by extending your right leg up, leading with your knee.</li>

<li>Next, extend your foot out. Immediately, retract it back to the starting position.</li>

<li>Repeat on the other side.</li>

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