Title: Groiners

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your core will be contracted.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this stretch for 20 to 40 seconds. Return your right foot behind you and bring your left foot forward.Continue alternating.</span></li>

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