Title: High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Begin jogging in place, lifting the knees as high as you can.</li>

<li>Try to lift your knees up to hip level but keep the core tight to support your back.</li>

<li>For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.</li>

<li>Bring the knees towards your hands instead of reaching the hands to the knees!</li>

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