Title: Hindu Squats

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand on tip toes with your feet about shoulder width apart and your arms straight by your side. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Squat down nice and low (while leaning slightly forward) until your glutes touch or almost touch the backs of your legs.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Raise your arms straight out in front of you and push through your toes to drive your body back upwards.</span></li>

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