Title: Hip Circles

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue in this circular motion. Stop once to switch directions.</span></li>

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