Title: Inchworms / Walkouts

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Lower Back

Secondary Muscle Groups: Biceps, Calves, Chest, Forearms, Shoulders

Summary: <ol>

<li>Stand tall with your legs extended straight.</li>

<li>Bend over from the hips and touch the floor with your palms flat on the floor.</li>

<li>Keep your legs straight as you walk your hands as far forward as you can. Don’t let your hips sag.</li>

<li>Take small steps and walk your feet to your hands.</li>

<li>Continue for the desired amount of repetitions and then straighten up to the starting position.</li>

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