Title: Lunge / Front Kicks

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.</li>

<li>As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.</li>

<li>Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.</li>

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