Title: Plank Jacks / Extended Leg

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

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Get into a push­up position with hands under shoulders and body straight from head to toes.</li>

<li>Engage your core and bend your elbows, keeping them in towards the body.</li>

<li>Lower your body towards the floor.</li>

<li>Straighten your arms and quickly jump the feet forward to outside of the hands.</li>

<li>Jump back to starting position.</li>

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