Title: Power Skips

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors

Summary: <ul>

<li>Stand up straight with a tight core and flat back.</li>

<li>Raise your arms to waist height.</li>

<li>Forcefully push off the ground, elevating the left side higher than the right side.</li>

<li>Swing your left hand up and your right hand back.</li>

<li>Land on the balls of your feet, then immediately push off again with the right side.</li>

<li>Alternate and repeat.</li>

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