Title: Roundhouse / Side Kicks

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand in a comfortable position with knees slightly bent, one foot forward, at a distance a little wider than shoulder width.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Twist your body and simultaneously lift your back leg so that it rotates towards your target, it should be at about hip height. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your back (kicking) leg bent, rotate until your front leg is within close striking distance and then straighten the knee to connect with the target.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position. </span></li>

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