Title: Side Lateral Leg / Hip Swings

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li>Stand tall holding onto a pole or stationary object for support.</li>

<li>Engage your abs as you swing your one leg as far out in front of you and then back behind you as you comfortably can.</li>

<li>Switch sides once you have completed repetitions on the first leg.</li>

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