Title: Side / Lateral Suffles / Hops / Skaters

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ul>

<li>Keep your core tight and back flat as you bend slightly forward.</li>

<li>Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.</li>

<li>Now, jump to the left, bringing your right leg behind you and your right arm in front of you.</li>

<li>Repeat the movement, alternating back and forth.</li>

</ul>