Title: Standing Knee Hugs

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

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet shoulder-width apart. Maintain a tight core throughout. Lift your left knee up and towards your chest.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grab your left knee and pull it in as close as you can into your chest. Hold this stretch for 20 to 40 seconds.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly release the left leg to the ground and repeat on the other side.</span></li>

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