Title: Step Up with Knee Raises

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li>Place a chair or wooden box in front of you. Brace your core and lower back.</li>

<li>Step up on the box with your left leg, swinging your arms as you do so.</li>

<li>Take your right knee and raise it in front of you, into the air.</li>

<li>Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.</li>

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