Title: Surrenders

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

Secondary Muscle Groups: Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing on something soft, such as an exercise mat, place both hands behind your head and gently bring your right knee down to the ground. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Follow with your left knee so that you are kneeling on the mat, with your hands behind your head and your back nice and straight. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lift your right knee up placing your right foot in front of you. Bring your left foot forward and drive upward through your right heel to bring you back to starting position. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the same movement, but leading with your left leg. </span></li>

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