Title: Walking High Kicks / Soldier March

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

Secondary Muscle Groups: Calves, Hamstrings, Lower Back

Summary: <ol>

<li>Begin by standing tall with your feet placed shoulder-width apart.</li>

<li>Maintain this posture as you raise your right knee as high as you can and step forward. Try not to round your lower back.</li>

<li>Repeat with the left leg and continue to alternate legs as you walk.</li>

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