Title: Powerbag / Sandbag Good Mornings

Primary Muscle Groups: Glutes &amp; Hip Flexors, Lower Back

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold the powerbag/sandbag on your shoulders in a fireman's-carry style</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your legs slightly and slowly bend your body forward at the waist.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Exhale as you lower your body until your upper body reaches a horizontal level.</span></li>

<li style="font-weight: 400;">Inhale and bring your body, slowly, back to the starting position.</li>

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