Title: TRX Suspension Straps Side Step / Lateral Lunges

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

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Reach up and hold a TRX band in each hand. Stand with feet shoulder-width apart and the toes pointing forward. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintain a straight lower back and tight core as you step your right leg out to the side. Make sure that your left foot stays in contact with the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your hips down until your thigh is parallel with the floor. Hold this contraction and slowly push yourself back to the starting position.</span></li>

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