Title: TRX Suspension Straps Squats

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Secure a pair of suspension straps. Facing the straps, hold one handle in each handle.</li>

<li>Bringing your arms to your side, make sure the straps are tight.</li>

<li>Bend at the knees and slowly push your hips back while keeping your chest and head up. You core and lower back will remain tight.</li>

<li>Once your upper thighs are parallel with the floor, slowly return to the starting position, keeping the knees slightly bent. Repeat.</li>

</ol>