Title: TRX Suspension Straps Suspended Lunges

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Abs, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing tall with a tight core and flat back, carefully insert your left foot into a suspended TRX band. Take a step forward with the right foot, balance yourself and extend your arms out before beginning.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend at the right knee and slowly lower yourself until the upper thigh is parallel with the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause and return to the starting position while maintaining proper form.</span></li>

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