

SIDE KICKS

The side kick works all the major lower body muscle groups, particularly the quads and outer thighs. Side kicks also automatically use the muscles of our core. We call this reactive core training, where our core gets stronger because the side kick forces these muscles to automatically respond

BENEFITS:

Do the simple side kick right and you'll get twice the core activation of a crunch, and that's just the beginning. Knock out a few sets of side kicks and you'll raise your heart rate, burn calories and get a killer butt and leg workout. What's more you'll improve hip strength and mobility too.