Title: Dumbbell Chops

Primary Muscle Groups: Hamstrings, Obliques, Quadriceps

Secondary Muscle Groups: Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Secure a firm grip with both hands on an appropriately weighted dumbbell. Place your feet shoulder-width apart. Begin by moving the dumbbell up and over towards your right side.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Twist your body to bring the dumbbell down and to the left. Bend at the knees and drop your hips slightly. Make the motion of placing the dumbbell on the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the movement, taking the dumbbell back up and overhead. Keep your arms straight throughout.</span></li>

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