Title: Dumbbell Deadlifts

Primary Muscle Groups: Glutes &amp; Hip Flexors, Lower Back

Secondary Muscle Groups: Abs, Calves, Hamstrings, Quadriceps

Summary: <ol>

<li>Place two dumbbells on the floor.</li>

<li>Stand facing the dumbbells with your feet shoulder width apart.</li>

<li>Bend knees and hips to lower your torso in a squatting movement,keep your back straight.</li>

<li>At the bottom of the squat grip the dumbbells with an overhand grip,keeping your arms fully extended.</li>

<li>Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.</li>

<li>Return the dumbbells to the floor in the same manner you picked them up.</li>

<li>Repeat.</li>

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