Title: Dumbbell Squat Clean and Press

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

Secondary Muscle Groups: Hamstrings, Lower Back

Summary: <ul>

<li>With dumbbells at your sides, stand with your feet slightly wider than shoulder-width apart and fee pointing slightly outward. Look straight ahead.</li>

<li>Squat down until your upper legs are parallel with the floor by bending your knees, keep your back straight.</li>

<li>With an explosive but controlled movement, push up through your heels and press the dumbbells above your head as you return to standing position.</li>

<li>Still standing, slowly lower the dumbbells down to your chest and then down to your sides by extending your arms.</li>

<li>Repeat.</li>

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