Title: Dumbbell Squat Thrusters / Squat to Overhead Press

Primary Muscle Groups: Quadriceps, Shoulders

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Hamstrings, Neck &amp; Upper Traps, Triceps

Summary: <ol>

<li>Stand with your feet shoulder-width apart with dumbbells above your shoulders.</li>

<li>Squat down keeping your back flat and your knees over your toes.</li>

<li>Push through your heels to return to standing while pressing the dumbbells overhead with arms fully extended.</li>

<li>Return to starting position and repeat.</li>

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