Title: Single Arm Dumbbell / Suitcase Carry

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors, Quadriceps, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold a dumbbell in your left hand with an overhand grip. Stand in place with your feet at shoulder-width. Tighten your core and keep your shoulders back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by walking forward. Contract your obliques and abs as you move.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you reach the prescribed distance, turn around and begin again. Once you reach the starting point, switch arms.</span></li>

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