Title: Kettlebell Around the Worlds

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Middle Back / Lats

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet about shoulder width apart. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold the kettlebell with both hands in an overhand grip in front of your pelvis. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your core strong, rotate the kettlebell around your body changing hands in the front and in the back. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Be sure to focus on your posture throughout the entire movement. </span></li>

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