Title: Kettlebell One-Legged Deadlifts

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Hamstrings

Summary: <ol>

<li>Hold a kettlebell by the handle in one hand using a neutral grip.</li>

<li>Stand on the leg that is on the same side that you are holding the kettlebell.This is the start position.</li>

<li>Bending that knee slightly, bend at the hip, and extend your free leg behind you for balance.</li>

<li>Continue lowering the kettlebell until your torso is parallel to the ground.</li>

<li>Return to the upright position in a smooth movement.</li>

<li>Repeat.</li>

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