Title: Kettlebell Squats

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

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet slightly wider than 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 chest. Keep your elbows locked at your sides.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your body towards the ground, ensuring that you’re not leaning too far forwards or too far backwards. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">At your lowest point, drive upwards through your feet and tense your glutes at the top of the motion.  </span></li>

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