Title: Kettlebell Windmills

Primary Muscle Groups: Abs, Obliques

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

Summary: <ol>

<li>Safely clean and press a kettlebell overhead.</li>

<li>Keep the kettlebell above you. Your elbow should be locked out.</li>

<li>Now push your butt toward the arm with the kettlebell. Bend from the hips, reaching for the floor with the opposite hand. Keep your gaze on the kettlebell during the movement.</li>

<li>Once you touch the floor, pause, make sure the arm is still locked out, and return to the starting position.</li>

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