Title: One-Arm Kettlebell Rows

Primary Muscle Groups: Lower Back, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Biceps

Summary: <ol>

<li>Place a kettlebell in front of you</li>

<li>Place your right leg forward and rest your left leg on the ball of your left foot.(Similar to a lunge stance)</li>

<li>Bend your knees slightly as you bend over to get in the starting position.</li>

<li>Keep your back straight.</li>

<li>Rest your right hand on your right knee for stability.</li>

<li>Grip the kettlebell with a neutral grip in your left hand.</li>

<li>Pull the kettlebell up to your stomach, retracting your shoulder blade and flexing your elbow. Keep your back straight. Lower and repeat.</li>

<li>Complete all the repetitions for one side before switching.</li>

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