Title: One-Arm Kettlebell Snatch

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

Secondary Muscle Groups: Abs, Calves, Lower Back, Triceps, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Place a kettlebell between your feet.</li>

<li>Stand with your feet slightly wider than shoulder width apart.</li>

<li>Bend your knees and push your hips back,bending at the waist while keeping your back straight.</li>

<li>Grip the kettle bell with an overhand grip.</li>

<li>Keeping your neck and head straight, swing the kettlebell back between your legs.</li>

<li>Once the kettlebell is behind you, immediately reverse the direction and drive forward with your hips and knees, forcing the kettlebell upward.</li>

<li>When the kettlebell reaches shoulder level, rotate your hand and push straight up, using your momentum.</li>

<li>Use your body's downward momentum to receive the weight as it comes back down.</li>

<li>Return to the start position.</li>

<li>Repeat until all the repetitions for one arm are completed, then switch.</li>

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