Title: One Arm Kettlebell Swings

Primary Muscle Groups: Hamstrings, Shoulders

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Start with one kettlebell placed on the floor between your feet. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your knees and back slightly and reach down to grip the kettlebell in an overhand grip.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Explode upwards using your legs and bring the arm holding the kettlebell out in front of you until it reaches a horizontal level.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the kettlebell back between your legs (but not to the floor) and switch hands to repeat the movement. </span></li>

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