Title: Standing Dumbbell / Kettlebell Side Bends

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Stand straight, your feet shoulder width apart, while holding a dumbbell in your left hand with your palm facing in to your body.</li>

<li>Place your right hand on your waist, palm facing in. This is the start position.</li>

<li>Keeping your back and head straight, bend only from your waist to the right. Inhale as you bend.</li>

<li>Continue as far as possible, then hold for a count of one.</li>

<li>Return to the start position, exhaling as you do so.</li>

<li>Repeat the movement this time bending to the left and returning to the start position.</li>

<li>Complete all repetitions holding the dumbbell with your left hand before changing hands.</li>

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