Title: Two-Arm Kettlebell Squat Swings

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

Secondary Muscle Groups: Abs, Calves, Hamstrings, Lower Back

Summary: <ol>

<li>Hold a kettlebell with both hands in an over hand grip.</li>

<li>Stand straight, with your legs slightly wider than shoulder width apart.</li>

<li>Lean forward at your waist slightly and bend your knees as if getting ready to squat.</li>

<li>Keep your back arched and your head facing forward.</li>

<li>Let your arms hang loosely.</li>

<li>Swing the kettlebell back between your legs while exhaling.</li>

<li>In an explosive movement, force the kettle forward and back up in front of you, above head height by thrusting forward with your hips and rotating your shoulders.</li>

<li>Continue for the desired number of repetitions or time.</li>

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