One-Arm Snatch to Press

Skill Level: **Advanced**

Main Muscle Groups Worked

- Lower Back
- Middle Back
- Trapezius
- Latissimus Dorsi
- Shoulders
- Biceps
- Triceps
- Forearms
- Traps (Adductors)
- Quadriceps
- Calves
- Latissimus Dorsi
- Abdominals
- Obliques
- Chest
- Trapezius
- Forearms
- Traps (Adductors)
- Calves
- Gluteus Maximus
- Hips
- Hamstrings

Exercise Steps

1. Place a kettlebell between your feet.

2. Bend your knees and extend your buttocks back to get into the correct starting position.

3. Looking straight ahead, swing the kettlebell back between your legs.

4. Immediately driving through with your hips and knees, bring the kettlebell up to your shoulder with wrist facing forward, perform a slight squat, then push up and press the kettlebell overhead.

5. Let the kettlebell swing back down between your legs and repeat for 8-10 repetitions, alternating arms.