

gdfgdg



# INSTRUCTIONS

---

## STAGGERED DEADLIFT WITH KETTLEBELL

**CATEGORIES:** Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/staggered-deadlift-with-kettlebell/>

Back

Glutes

Hamstrings

Jumps and Leaps

Kicks

Knee Strength and Length

Lower Body



### STEPS:

- Start holding a kettlebell with both hands and feet parallel.
- Step your left foot behind you slightly so your left knee is still below your hips when bent.
- Engaging your core, press your hips back to track the kettlebell along your right leg.
- Press your hips forward to return to standing.

Repeat 15 - 20 times, then switch sides.