

**DUMBBELL SWING**

No power exercise is more legendary than this variation of the kettlebell swing. And the key is to make this a swing.

Your goal on each rep is to push your butt back as you drive the bell back between your legs.

Then, instead of trying to “raise” the weight with your upper body, just think of standing up and squeezing your glutes.

That will explosively power the bell forward. Do 3 sets of 8-10 reps.



**PUSH PRESS**

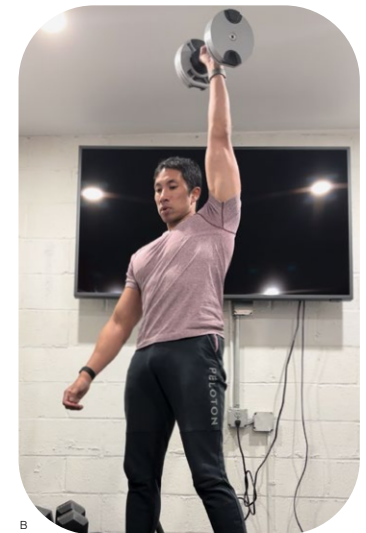


This move focuses on upper-body power. You'll stand with a dumbbell in your right hand at your right shoulder. Then bend your knees and hips slightly. Explode upwards (so powerfully that you rise onto your tiptoes) and drive the weight overhead.

Lower it back to your shoulder. Do 3 sets of 6-8 reps per side.

And if you've ever wanted to dunk a basketball, know that this exercise is quietly helping you reach that goal.

**SINGLE-ARM SNATCH**



Now you'll blend upper- and lower-body explosion in one move. Start holding a dumbbell in your right hand, at about knee height, abs tight, knees bent.

Explosively stand (just as you did on the push press) and simultaneously pull the dumbbell to shoulder height, keeping it close to your torso as you do.

Once it reaches shoulder height, punch overhead. Do 3 sets of 6-8 reps.