

Move of the Month

Dumbbell Front Squat-To-Press -



Jamie Westdal

Stand holding dumbbells at shoulder height, palms facing out.

Initiate this movement with your hips, squatting back and down until the tops of your thighs are parallel to the floor.

Explode out of your hips and quads, using that momentum to drive the weights off your shoulders and overhead.

You should finish with straight legs and arms.

Lower the dumbbells back into your shoulders, then drop back into full squat and repeat.