

Dumbbell Deadlifts Exercise

1. Stand straight with your feet together, and your knees straight but not locked. Grasp a dumbbell in each hand with your arms in front of you, palms facing your body, dumbbells side by side.
2. Bend forward from the hips, keeping your back straight and skimming the dumbbells down your body as you bend until you are fully flexed forward.
3. Reverse the motion, skimming the dumbbells back up your body as you straighten to a standing motion and repeat.

