
Daring Book For Girls

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Edward Cooper Ed Cooper is the Deputy Digital Editor at Men's Health UK, writing and editing about anything you want to know

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Stand with your feet shoulder width apart and a kettlebell held in front of your chest with both hands. Start by bending your knees and sitting back with your hips. Go down as far as you can and then reverse the motion back to the starting position. Keep your head up and back straight throughout the move.

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By Men's Health 18/03/2016 The Six Nations is a special time of year for rugby fans: five weeks of relentless fixtures starring some of international rugby's finest.

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