

SINGLE LEG DEADLIFT



- Start with feet shoulder width apart and stand on one leg.
- Keeping the leg straight, take your heel backwards.
- Keep a slight bend in the knee of the leg on the ground. Continue to hinge/bend at the waist keeping the back and leg straight.
- Once you feel a slight pull in the leg you are standing on you can return to the starting position.
- Note: Focus on keeping the hips level and the back straight throughout the exercise.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps