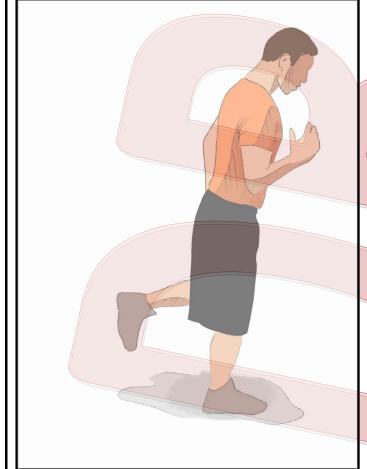
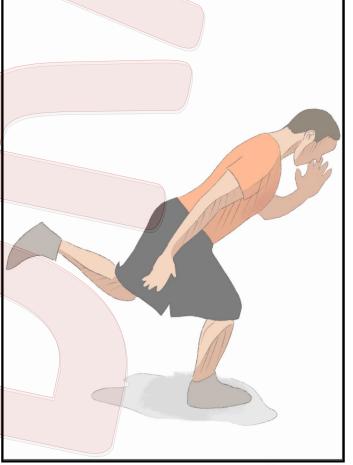
## Exercise Spotlight Deadlift [Single Leg]

Muscles Worked	- Glutes, Hamstrings, Quadriceps, Erector Spinae, Transverse Abdominis
Benefits	<ul> <li>Develop strength in the posterior chain of the body</li> <li>Correct muscle imbalances by practicing a unilateral exercise</li> <li>Improve balance, core stability, and enhance athletic performance</li> </ul>
Precautions	- Concentrate on hinging from the hip, then bending at the knee, to help perform the movement correctly
Instructions	Stand tall with strong posture as you balance on your left foot, using your arms as a form of counterbalance  - Maintain your established posture and, with an inhale, let your chest fall forward by hinging at the hip and then bending at the knee  - Drop as low as you comfortably can, ensuring that the spine remains in a neutral position and the hips remain level
	<ul> <li>Pause at the bottom of your movement and then exhale as you push through your glutes and hamstrings to return to start position</li> <li>Repeat for desired number of repetitions and sets, practicing an equal amount of repetitions and sets on the opposite side</li> </ul>

## Start and Finish







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