

Exercise Spotlight

Deadlift [Single Leg]

Muscles Worked	- Glutes, Hamstrings, Quadriceps, Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none">- Develop strength in the posterior chain of the body- Correct muscle imbalances by practicing a unilateral exercise- Improve balance, core stability, and enhance athletic performance
Precautions	- Concentrate on hinging from the hip, then bending at the knee, to help perform the movement correctly
Instructions	<ul style="list-style-type: none">- 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- Pause at the bottom of your movement and then exhale as you push through your glutes and hamstrings to return to start position- Repeat for desired number of repetitions and sets, practicing an equal amount of repetitions and sets on the opposite side

Start and Finish

Mid Point

