Exercise Sheet – Lower Strength (hip dominant single leg) – Single leg deadlift

Purposes;

* Develops the entire posterior chain.
* Strengthens glute medius and hip stabilisers
* Enhances balance and proprioception.

#### Stage 1 – hip hinge from a staggered stance

* Start from a staggered stance with a weight in the same arm as the “back” leg
* Hip hinge keeping the back straight



* Progress by moving the rear leg back further and taking a step forward at the end of each repetition



#### Stage 2 – hip hinge with back leg supported

* Start exercise above with rear leg supported. This helps to keep the hips level.



* Progress by using a valside (sliding support) for the rear leg and slide the leg backwards whilst doing the hip hinge.



#### Stage 3 – single leg deadlift

* Rear leg is now unsupported. Drive leg backwards to initiate the movement and then bend forward from the hips
* Aim to keep the hips level and avoid twisting in the upper body.

