

## Level One: Single Leg Hip Bridge

Single leg hip bridge places more emphasis through the glutes and core. The single leg has to hold a greater percentage of your body weight compared to double leg hip bridge. You have to maintain the abdominal contraction and avoid arching your back. Hips should be symmetrical during the contraction.



### Teaching Points

- Lying on your back, bend one leg so it is flat on the floor near your bottom
- Raise one leg and point to the ceiling
- Keeping your thighs squeezed together push up through the foot on the floor
- Squeeze through the glutes, keeping your core engaged and spine straight, until knees, hips and shoulders are aligned
- Hold for no more than 10 seconds and return to start

### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, adductors, abductors, gastrocnemius.

**Be aware of:** hips not aligned, not pushing all the way up through the hips, rotation at the shoulders, hyper extension of the hips (pushing too high), head not on the floor, turning the head to the side.

## Level Two: Wall Reach - two body bars

This is a progression due to the increased demands through the core and erector spinae. The teaching points to look out for are rotation of the pelvis and shoulders, look to keep them parallel to the floor.

### Teaching Points

- Standing feet shoulder, hands stretched out holding two body bars, which are in contact with the floor
- Bending from the hips, lean forwards using core and lumbar control, using the body bars for balance
- Bend at the hips until the upper body is parallel or as far as your range of movement allows
- At the same time as leaning forwards raise one leg up off the floor, using the glutes, the aim is to have the back leg parallel to the floor
- Avoid twisting and rotating at the hips and shoulders

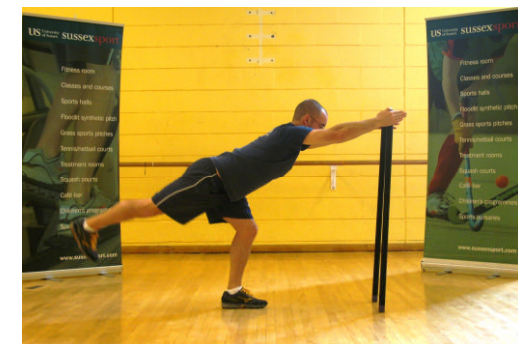
### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, adductors, abductors, gastrocnemius.



**Be aware of:** hips not aligned, shoulders not aligned, knee turning in / out, heels coming off the floor, not keeping spinal alignment, back leg moving out to the side.



## Level Three: Wall Reach - one body bar

This is a progression due to the increase in load as now holding one body bar. The teaching points to look out for are still rotation of the pelvis and shoulders, look to keep them parallel to the floor.

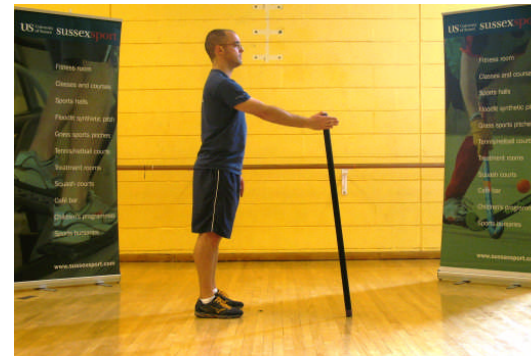
### Teaching Points

- Standing feet shoulder width apart facing a wall, hands outstretched holding one body bar, which is contact with the floor
- The body bar is positioned on the side where the leg is coming up in the air
- Bending from the hips, lean forwards using core and lumbar control, using the body bar for balance
- The upper body should be parallel to the floor or as far as your range movement allows
- At the same time raise one leg, using the glutes, aims is to have the back leg parallel to the floor
- Avoid twisting and rotating at the hips and shoulders

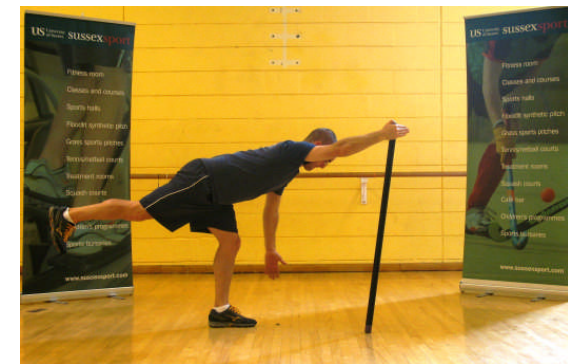
### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, adductors, abductors, gastrocnemius.



**Be aware of:** hips not aligned, shoulders not aligned, knee turning in / out, heels coming off the floor, not keeping spinal alignment, back leg moving out to the side.



## Level Four: Single Leg Deadlift (dumbbell)

The hands are now down in-front of the legs. Start with a dumbbell in the opposite hand to the foot in contact with the ground. Due to their being a pull from the weight from one side the member must still maintain hips and shoulders parallel to the floor, avoiding rotation.



### Target Muscles

**Primary Muscles:** gluteus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, gastrocnemius.

### Teaching Points

- Grab a dumbbell and hold in the right hand at arm's length in front of the thighs
- Start with your feet hip width apart and a slight bend at the knees
- Raise the right leg slightly off the floor, keeping hip and shoulder alignment
- The right leg should now stay in line with the body during the exercise
- Bend at the hips, keeping the core engaged and spine straight (head follows the movement of the spine, same as when bowing)
- Lower the torso, at the same time raise the right leg into the air, until both are parallel to the floor or range of movement is achieved
- Raise your torso to the start position, lowering the left leg back to the floor
- Complete desired number of repetitions

**Be aware of:** not having a slight bend at the knees, spinal alignment (head looking up), shift of weight to one side, flexion through the thoracic region, (not retracting the shoulder blades), hips not aligned (one rotating / dropping lower than the other).



## Level Five: Single Leg Deadlift (dumbbell each hand)

Increase in the load / stimulus. What you have learnt from the previous lifts to here must be carried over, strong core, straight spine, no rotation of the hips and shoulders.



### Target Muscles

**Primary Muscles:** gluteus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, gastrocnemius.

### Teaching Points

- Grab a pair of dumbbells and hold them at arm's length in front of the thighs
- Start with your feet hip width apart and slight bend at the knees
- Raise one leg slightly off the floor, keeping hip and shoulder alignment
- The raised leg should now stay in line with the body during the exercise
- Bend at the hips, keeping the core engaged and spine straight (head follows the movement of the spine, bowing)
- Lower the torso until your range of movement is achieved
- Raise your torso to the start position, lowering the non working leg back to the floor
- Complete desired number of repetitions

**Be aware of:** not having a slight bend at the knees, spinal alignment (head looking up), shift of weight to one side, flexion through the thoracic region, (not retracting the shoulder blades), hips not aligned.



## Level Six: Single Leg Deadlift (barbell)

The barbell is a progression as the weight is further out to the side of the body increasing the demands on your balance. The weight out to the side also increases the rotational pull, which may prevent the pelvis and shoulders being parallel to the floor, potentially highlighting weaknesses on either side.



### Target Muscles

**Primary Muscles:** gluteus, hamstrings, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, gastrocnemius.

### Teaching Points

- Deadlift the barbell off the floor / lift off rack
- Take hold of a barbell, standing on two feet
- Lift one leg off the floor without transferring the weight left or right (avoid dropping the hips), keep the shoulders parallel
- Core engaged, spine straight
- Keep the bar as close to the leg as possible, lower the barbell down as far as range of movement allows with a slight bend in the supporting leg
- Raise the non-working leg up behind to act as a counter balance
- Keep back straight and head in line with spine
- To return to start raise the torso, keeping the core engaged and spine straight and lower the non working leg until foot touches the floor

**Be aware of:** not having a slight bend at the knees, spinal alignment (head looking up), shift of weight to one side, flexion through the thoracic region, (not retracting the shoulder blades), hips not aligned.

