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## Level Four: Single Leg Deadlift (dumbbell opposite hand to supporting leg)

The hands are now down in-front of the legs. Start with a dumbbell in the opposite hand to 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

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### Teaching Points

- Grab a dumbbell and hold in the left hand at arm's length in front of the thighs
- Start with your feet hip width apart and slight bend at the knees
- Raise the left 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)
- Lower the torso until 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

**Look out for:** 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)

