
Level Five: Single Leg Deadlift (dumbbell each hand)

Increase in the load. Form learnt from the previous lifts 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)
- Lower the torso until 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

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

