



SINGLE LEG DEADLIFT

Make no mistake, the **Single Leg Deadlift** is a challenging exercise to do well. It's also arguably *one of THE most important for a runner to master and progress if the goal is to possess a massively stable AND strong hip girdle!*

Your "Prerequisites"

If you have **mastered hip-hinging and the basic mechanics of the two-leg deadlift** (which are certainly prerequisites for this exercise), then you'll learn this one quickly.

Your KEYS to success are...

- **To maintain a "high" hip throughout.** The way you know you're doing this – your "cue" – is to *feel your hamstring engaged throughout*. It can be subtle. It's as much a feeling as it is an actual change in position. So, if you lose that feeling of your hamstring talking to you, it's likely your hips have dropped. And as a result, you've lost one of the focus points of the exercise.
- **To keep a neutral spine throughout.** Losing this means you've lost your core/trunk and hip integration.
- **To be sure and watch the instructional video carefully and learn by practicing, videoing to critique your form,** then practicing again, first without any load.

You will want to learn and progress this exercise in progressive "stages." That's the most effective way to learn.

STAGE 1: Master the movement without load, and while using a handrail or support for balance. This allows you to pattern the movement well without struggling.

STAGE 2: Once you feel comfortable with it and are moving correctly, you begin to load it – first with 10-20lbs – and then up to 35 to 45 lbs if you’re a male – 25 to 35 lbs if you’re a female.

STAGE 3: Train the movement without any support, relying on your own balance and hip stability to be able to power through, using as much load as you can handle, with control.