



## Single Arm Single Leg Deadlifts

### Purpose:

This exercise will help develop good balance, better hip hinge mechanics, and overall lower body and core stability.

### Benefit:

This exercise will improve lower body and spine stability, as well as provide more power in your swing.

### Instructions:

Holding onto a dumbbell in your right hand, go ahead and lift your right leg off the ground. Now slowly hinge forward from your left hip, trying to keep your spine and right hip stable and straight. Go down as far as comfortable allowing your left knee to bend slightly and then return to the standing position. Repeat on other side

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

