

## Single-leg straight leg deadlift

**Start:** Stand upright on one leg, with the other leg extended and hovering behind, and the arms in front of the body holding a medicine ball or dumbbell

**Action:** Keeping the torso straight, and the hip and knee of the raised leg extended, lower the weight towards the floor by bending at the hip of the supporting leg. Maintain a slight bend and rigidity in the supporting leg.

**End:** Return to the upright position by engaging the glute and extending the hip of the supporting leg.

