

1.3 – SINGLE-LEG RDL



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve unilateral hip flexion, while integrating stability from the opposite foot, hip and the core.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand up tall; think about a rope pulling your head and body upwards to lengthen you.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Take a step forward with the weight on your heel. ▪ With a slight knee bend and good posture, push the hips back and lower the torso to perform a toe touch while the opposite leg swings back. ▪ Maintain good posture throughout. You should have your chest out and a slight arch in the lower back.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Don't allow the chest to cave, or the lower back to round. ▪ Don't rush through reps, and stand up completely in between each repetition.