



INSTRUCTIONS

ONE LEG DEADLIFT

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/one-leg-deadlift>

Ankles

Core

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Quadriceps



Steps::

- Tendu one leg to the back
- Lift a few inches off the floor
- Plié the supporting leg while pressing the heel into the floor
- Lower the lifted leg

Repeat 12 - 15 times per leg.

[+] Hold something weighted but be sure to keep the weight resting on the supporting leg.