

Exercise Prescription: 1 Arm 1 Kettlebell Deadlift

Purpose of Exercise:

To add rotational stability to the Hip Hinge pattern.

Self-Check

Active Straight Leg Raise

Starting Position:

Standing in the same position as the patterning drills, with a kettlebell between your heels as shown. Feet are shoulder width apart or wider, feet may be pointed outward but must be symmetrical.

Exercise Description:

From the starting position, reach back and grasp the kettlebell with one hand, keeping your arms glued against your rib cage. Making sure to stay square through the hips and shoulders, inhale against a stiff core, pushing your feet into the ground, and lift the kettlebell using your glutes.

Now, slowly descend, placing the kettlebell back between your heels.

Repeat using the other arm. If one side is more difficult, do twice as many repetitions on that side while maintaining good form.

The movement should look the same as the patterning drills. If it does not, go back to the patterning drills until this improves.

Breathe in on the way down and exhale on the way up against a stiff core.

Pictures:

