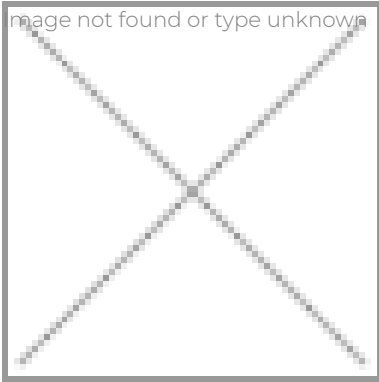


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# INSTRUCTIONS

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## SINGLE LEG DEADLIFT DIRECTION CHANGE

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

Ankles

Hamstrings

Hip Flexors

Lower Body

Turns



### STEPS:

- Start with 3 markers in front of you in a triangle (3-6 inches apart).
- Step your left leg behind you, transferring your weight into your right leg.
- Slowly lift your left leg behind you and lean your chest forward, leading with your right arm.
- Keeping your left leg off the floor, reach for the main point of the triangle and return to standing.
- Slowly lower your chest and reach across to the left point of the triangle and return to standing.
- Slowly lower your chest and reach across to the right point of the triangle and return to standing.

Repeat 3 times before stepping your foot down.

Switch sides and repeat 3 times.