

# Hip-Hinge Single Leg Balance

**Purpose:** Functional exercise for balance, strength, and stability

**Target Muscles:** Glutes and hamstrings

**Assisting Muscles:** Core (abs/low back), calf, quadriceps help stabilize

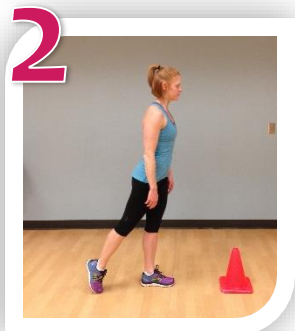
**Equipment Needed:** Cone or target to challenge range of motion

**Start:** Begin standing with feet slightly less than hip-width apart. Depending on your body height, allow about a 1-2 ft. gap between you and the cone or target.

**Shift Balance:** Engage abdominals and stand tall with chest lifted and shoulders back. Look straight ahead. Shift your body weight onto the right leg, pressing down into the floor with the right foot. Allow the toes of the left foot to step back and gently rest on the floor behind you.

**Single-Leg Hinge:** Slowly lower the chest down while you lift the left heel off the ground at an even rate of speed. The right hand gradually reaches forward to touch the top of the target (cone). The hamstrings and glutes of the right thigh are fully engaged in the hinge, supporting your balance and body weight on the right leg. Slowly raise back up to standing, keeping a straight spine all the way through. Repeat 8-12 times, then shift to the opposite leg. Do 2-3 sets on both legs.

**Form Tip:** There should be no rounding of the spine in this exercise. Imagine the head, neck, spine, and back of the left heel are all connected by a straight pole. Everything hinges forward in one smooth motion.



## Want a Challenge?

When you rise back up to standing, lift the extended leg up in front of you to raise the knee. If desired, perform the entire motion at faster speed and momentum, adding a jump up when the extended leg comes forward. You can also perform this exercise along a walkway or track. Ex. hinge forward, then take a step, hinge forward opposite leg, take a step, repeating to fill the distance of the walkway or track.