



Build Better Single-Leg Strength

2 Exercises to Improve Balance,
Stability & Control

Single-leg strength and stability are essential for efficient movement in both everyday life and sport. Training one leg at a time can improve balance, coordination, and lower-body strength while helping identify and reduce side-to-side imbalances that may affect movement quality

B-Stance Deadlift

- Stand with feet hip width apart holding dumbbells
- Take a small step back with one foot, placing those toes in line with the front heel
- Shift 85-90% of your body weight onto the front leg
- Push hips straight back while lowering the weights down the front of your shin
- Push hips forward and squeeze your front glute to return to the top
 - Sets: 3
 - Reps: 4-8



Farmer Carry with Marching

- Hold a dumbbell in each hand, one by your side and the other overhead
- Stand tall and brace your core
- Slowly march in place, lifting one knee at a time
- Keep your torso upright and avoid leaning from side to side
 - Sets: 3
 - Reps: 4-8

