

# Single-Leg Exercises for Stability

This handout features a series of single-leg exercises designed to improve stability, strength, and balance in the lower body. Incorporate these exercises into your routine to enhance functional movement and reduce the risk of injury.

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## Exercise 1: Single leg balance

**Equipment needed:** None

**Instructions:**

1. Stand on one leg with the other leg lifted slightly off the ground.
2. Keep a slight bend in the knee of the standing leg.
3. Engage your core for balance.
4. Hold this position for 30-60 seconds, then switch legs.

*Tip:* For added challenge, try closing your eyes or performing the exercise on an unstable surface like a foam pad.

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## Exercise 2: Single leg step up

**Equipment needed:** Step or sturdy elevated surface

**Instructions:**

1. Stand in front of a step with one foot planted firmly on top.
  2. Keep the knee of the planted leg aligned with the foot.
  3. Press through the heel to lift your body onto the step.
  4. Slowly lower back down to the starting position.
  5. Perform 10-12 reps on each leg.
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## Exercise 3: Bulgarian split squat

**Equipment needed:** Bench or stable surface

**Instructions:**

1. Stand a few feet in front of a bench or stable surface, facing away from it.
2. Place the top of one foot on the bench behind you, with the other leg forward in a staggered stance.
3. Lower your body down by bending the knee of the forward leg until it forms a 90-degree angle.
4. Press through the heel to return to the starting position.
5. Perform 10-12 reps on each leg.

## **Exercise 4: Single leg deadlift**

**Equipment needed:** Dumbbells or kettlebells (optional)

**Instructions:**

1. Stand on one leg with a slight bend in the knee.
  2. Hold a dumbbell or kettlebell in one hand, or both hands for added resistance.
  3. Hinge at the hips and lower the weight towards the ground while lifting the non-standing leg behind you for balance.
  4. Pause when your torso is parallel to the ground, then return to the starting position.
  5. Perform 8-10 reps on each leg.
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## **Exercise 5: Single leg squat**

**Equipment needed:** None (can use a chair for support if needed)

**Instructions:**

1. Stand on one leg with the other leg lifted slightly off the ground.
  2. Slowly lower your body down into a squat position, keeping the knee of the standing leg aligned with the foot.
  3. Press through the heel to return to the starting position.
  4. Perform 10-12 reps on each leg.
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Incorporate these single-leg exercises into your routine to improve stability, strength, and balance in the lower body. Start with proper form and gradually increase the difficulty as you progress. Consult with a healthcare professional before beginning any new exercise program.