

ROMANIAN DEAD LIFT (RDL)



Begin by standing on a raised surface with weight at thighs. Slowly bend at waist and lower weight to feet. Keep back straight throughout the entire movement. Lower weight down as far as possible, bending knees slightly.

1 LEG RDL (ROMANIAN DEAD LIFTS)



Start by standing on one foot with opposite hand holding dumbbell. Slowly lower weight down to foot while keeping slight bend in knee. Use hamstrings to pull body upright to starting position. Repeat for desired reps and then perform on opposite side.