

STRENGTH 1.0

Hyatt Training exercise guide



Single-leg squat – Hip stability, quad and glute strength, balance
One foot balance. Lower on single leg to a controlled depth. Focus on pushing other leg back, helping to keep weight in mid-foot to heel of working leg. Chest and chin stay up, flexion at ankle/knee/hip. Perform 15-20 reps per leg. Modify by doing two-leg squats.



Hip press (one leg) – Hamstring and glute strength
From supine position (on back), bend one knee so foot is below knee on ground, other leg extended so upper leg bones are side by side. Pushing through heel of “down” leg, lift and lower the hips for 15-20 reps before switching legs. Range of motion (ROM) should be big and controlled in both directions. Modify by doing two-leg press.



Side plank / leg lift – Core and glute strength
From side plank position on elbow, stabilize the hips and slowly lift and lower the top leg in a controlled manner for 10 reps per side before switching sides. Lift brings the top leg parallel to the floor, lower “down” leg without touching. Modify by bending lower leg and supporting on knee.



Low plank / knee tuck – Core strength, hip flexor strength and ROM
From low plank position (face down on elbows and tip toes), stabilize hips and drive single knee to the elbow/tricep of same-side arm. Return to floor and alternate legs for 20 total reps (10 per side). There should be a slight shift in weight forward as you drive the leg to the arm. Modify by holding low plank for 30 seconds without moving legs.



Single-leg deadlift – Hamstring strength and ROM, balance
One foot balance. Forward bend in a controlled manner from single leg balance. Focus is flexion at hip only, and the other leg pushes back and up. There should be a big stretch in the working hamstring. Keep the knee unlocked on the standing side. Do 15-20 reps per leg. Modify by doing two-leg deadlifts.

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