

HEELCURVE HOCKEY

SINGLE LEG RDL

EXERCISE MECHANICS

WHAT IT IS

A unilateral hip hinge exercise that builds posterior chain strength, improves balance and stability, and enhances hamstring and glute activation.



1 START

Stand tall on one leg with a slight soft bend in the knee. Hold a kettlebell or dumbbell in the opposite hand. Chest up, core tight, shoulders back.

2 HINGE

Push your hips back and hinge forward at the hips while keeping your back flat and core engaged.



3 LOWER

Lower until your torso is nearly parallel to the ground or until you feel a stretch in your hamstring. Keep your hips square and level.

4 DRIVE UP

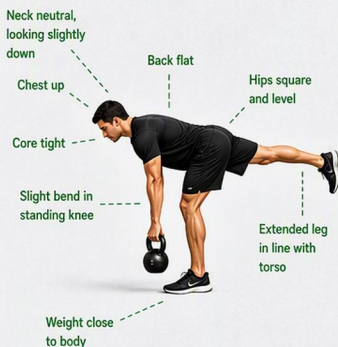
Drive through your standing heel and extend your hips to return to the starting position. Squeeze your glute at the top. Repeat for the desired reps, then switch legs.



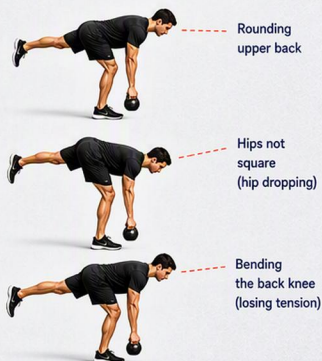
KEY POINTS

- Hinge at the hips—not the waist.
- Keep your back flat and core engaged.
- Hips square and level throughout the movement.
- Slight bend in the standing knee.
- Keep your neck neutral and eyes looking down.
- Move with control—no rushing.
- Focus on quality reps, not quantity.

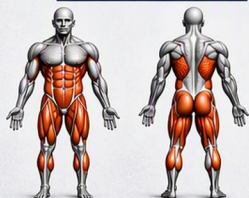
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Hamstrings
- Glutes
- Lower Back (Erector Spinae)
- Calves
- Core

TRAINING TIPS



Start light to master balance and hip hinge mechanics.



Focus on controlled reps and a full range of motion.



Progress by adding load (dumbbells or kettlebell) or increasing tempo.



Include in lower body days or as part of your off-ice injury prevention routine.

SKATE FASTER. MOVE BETTER. PLAY HARDER.