

LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

EDIT ARTICLE

Scuba Fitness Featured Exercise: Single Leg Toe Touch

October 15, 2014

11:44 AM MST

The Single Leg Toe Touch is part of a series of exercises presented in **FitDiver® Magazine: Training for Palau**. It is considered an intermediate to advanced movement for **scuba divers**. To best prepare for diving in Palau, **ScubaFit®** recommends a comprehensive total body fitness program for a minimum of three months at least four days a week utilizing cross training, circuits and intervals. Ideally, training for Palau begins after three months of foundational strength, aerobic and flexibility **workouts**. Each exercise trains several muscle groups, develops torso stabilization and improves proprioception and spatial orientation.

To perform the Single Leg Toe Touch begin in a standing position holding a weight in the right hand. Shift body weight to the left foot and find good balance. Lift the right foot and sweep the right leg backwards while simultaneously leaning forward. Maintain a straight line with the spine and body pivoting on the left leg until the weight reaches below the left knee and, with practice, to the toe. Use the weight for counterbalance. During the movement contract and maintain tension of the leg, buttocks and abdominal muscles. Do not round the spine to reach lower with the weight. Strength, flexibility, coordination and breathing are important components for the Single Leg Toe Touch. Breathe in and out steadily while performing the **exercise**.



View all
5 photos

Gretchen M. Ashton, Photographer, Loren Kurz,

Notice the left knee is slightly bent to prevent strain of the knee and hip joints, and the low back. Repeat the exercise on the other side. One side will probably feel easier than the other.

Fitness Model



Gretchen M. Ashton, Photographer

SUGGESTED LINKS

- [Scuba Fitness: Featured Exercise - Shoulder 90's](#)
- [FitDiver® Magazine debuts with complimentary issue](#)
- [Scuba Fitness: Winter Warm Up for Divers](#)
- [Travel Fitness: Superman on the Bosu](#)
- [Fitness for Divers: Push up progression for SCUBA divers](#)



Gretchen Ashton

Carlsbad Scuba Fitness Examiner

© 2006-2014 AXS Digital Group LLC d/b/a Examiner.com