

HOW TO DEADLIFT

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1) Major muscles involved and their functions

a) Spinal erectors

b) Glutes

c) Hamstrings

d) Quads

e) Adductors

f) Finger flexors

g) Lats (arm angle - reduce hip extension torque?)

2) Basic biomechanics

a) 3D hip and knee extension

b) Keep spine extended

3) CONVENTIONAL setup

a) Find stance width

- b) Find foot angle
- c) Grab bar. Grip harder than you need to
- d) Either get hamstrings tension and pull back into position, or set back and pull hips down into position
- e) Feel like you're compressing a spring
- f) Tension lats
- g) Eye/head position
- h) Deep breath into stomach

4) SUMO setup

- a) Find stance width (usually with shins roughly perpendicular to floor)

- b) Find foot angle

- c) Grab bar. Grip harder than you need to

- d) Drive chest up and forward

- e) Drive hips forward. DON'T sink them like a squat

- f) Spread the floor hard

- g) Tension lats

- h) Eye/head position

i) Deep breath into stomach

5) Conventional

a) Drive through floor; big chest

b) Shoulders back, hips forward

c) Relax at lockout and don't over-extend

6) Sumo

a) Drive through floor while still spreading it

b) Shoulders back, hips forward

c) Relax at lockout and don't overextend

7) Rounding your back?

a) Decreases hip extension torque. Could mean weak back or weak hips

8) Differences between sumo and conventional

a) Hips extensors? No

- b) More quad for sumo
- c) More back for conventional
- d) Big difference between 1RM can help you identify weaknesses
- e) Neither inherently gives an advantage. Based on personal proportions and hip anatomy.

9) Diagnosing weaknesses

- a) Exercises to help address weaknesses

10) Common issues

- a) Back rounding: Issue is either back, hips, or didn't learn well. If the latter, then RDLs and increasing ROM rack pulls as you gain more ROM you can control. Controlling eccentric and weighted carries help a lot too.

b) Grip: Barbell holds for time and farmers walks.

c) How to grip the bar? Not double over. Hook if you have good pain tolerance, mixed otherwise.

d) Hip height? Based on personal proportions.

11) Warm-ups

12) Equipment

a) Belt: same stuff as for squat; skinnier belt may allow for better starting position

b) Chalk. Get some. Liquid chalk if your gym doesn't want a mess.

c) Straps: Use liberally for anything over ~3 reps. If grip is an issue, then do grip work.

d) DL bar vs. stiff bar

e) Footwear