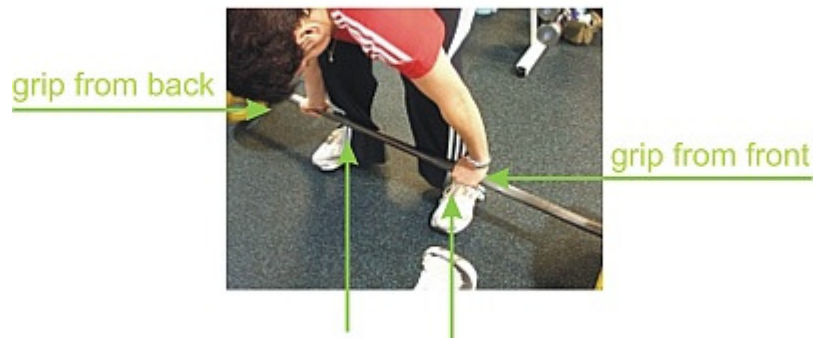


Deadlift- Set Up



Feet about shoulder width
Lower leg vertical to ground
Shin touching bar
Hands next to legs
Thighs parallel to floor
Back straight



It is important to keep the weight as closely to the body as possible as the weight chosen should only allow 4-6 repetitions - meaning that this is really heavy, usually around your own body weight or more.

Best wear long trousers as the bar has to stay in touch with the leg at all times, thus sliding up and down. That just hurts without a layer of cloth in-between and better don't wear your favourites.

From Down to Up and Down again

Set yourself up according to the images above. Consider wearing gloves to avoid sliding. When it is getting really heavy you can use straps around the wrist which gets wrapped around the bar and grabbed tight. This way the wrist and not the fingers are holding the weight.



Build up the tension and lean back a bit to feel the weight, clench the buttocks and only lift when you are entirely comfortable. As usual: Always test the weight first before you actually lift.

From this side view you can see that you might have to adjust that set-up a bit according to the proportions of your body.

Claire has incredibly long legs - don't we hate her for that... - compared to her upper body. So she will have to keep her lower legs a bit at an angle to be able to reach the bar. Additionally with higher weights the bar will come up a bit higher what will make it easier for her.

Basically: short legs, longer upper have it a bit easier in the set-up. However, it is important that you can keep the weight close to your legs, that the back is straight and that you can feel the muscle work but there shouldn't be the slightest bit of pain.

Take a deep breath in, lift the chin up first, the upper body follows pulling the bar with it sliding up the shins.

On sliding over the knees push the hips to the front and entirely straighten the legs, while slowly breathing out all the way long.

In the end position the shoulders are back and down, chest is pushed out towards the front.



Here you can see that Claire is really hanging in the weight pulling it along the shin bones.

Due to the length of the legs they get straight a bit earlier. For me with my short legs it is much easier to get the upper body almost straight until the legs straighten up.

However, her back is nice and straight and the chin goes up and nicely leads the movement.

Once the bar is above the knees the hips move to the front and the body straightens up.



On breathing in the body folds back as it came up.

The hips are moving back and the legs are starting to fold in first. The bar is sliding down the thighs and in reaching the knees the upper body is bending forward to let the bar slide down the shin bones.

Make sure that on the UP movement the upper body moves first and on the down the legs and rear bend first. It is a bit like a puppet. If you pull the strings the head comes up, then the thorax and then the legs. If you let it down again the legs fold back first, then the thorax and then the head.

At the beginning you may want to put the bar down, stay in set-up stance, have a breath in-between before you lift it up again.

The aim however is to just have the weight hover above ground before you lift it up. As the movement is slow and controlled and you have to adjust the breathing to this movement this will turn out to be a breathtaking exercise which has a rather high cardio effect as well.

Numbers, Numbers!

Deadlifts - For Buttocks and lower back	
Number of sets:	3-4
Number of repetitions:	Warm-up: 8 light weight (50%) Those are huge muscles which need and can take a lot of weight. 4-6 repetitions where the last feels heavy but not exhausted are appropriate. Like in squats it's not possible to exhaust the muscle. To avoid injuries is paramount.
Duration:	15-20 minutes you will need rather big breaks to get the heart rate down. Walk around a bit. Time depends if you are sharing a bar and having to change weights.
Progress:	6 is absolute cut off.