



Ladies Technical Lifting Class Deadlift 8th@2pm & 15th@1pm



The Deadlift

By

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The Deadlift

I've heard the Squat being called the '**king of the lifts**' but I'd argue that the deadlift is just as effective. I've always called the Deadlift the most '**honest of the lifts**' because you can either lift the deadlift with good form or you can't it's that simple. The deadlift although it should be an instinctive movement in some circles it's called a prime movement it needs to be executed with good form for safety and also to reap the benefits.

One of the benefits of Deadlifting are that it **incinerates fat**. It uses every muscle in the body even if you aren't contracting the muscle concentrically or eccentrically you are holding everything tight (**Isometric Contractions**). Due to the large amount of muscle recruited during the exercise the energy out put is enormous. This burns a large amount of calories and also carries on burning calories hours after leaving the gym which is known as the **Excessive Post-Exercise Oxygen Consumption of EPOC** sometimes associated with **HIIT training**. One study showed that **intensive resistance training burned 35%-44% then diet and aerobic training alone**. Speaking of Cardio Vascular activity the deadlift increases you CV capacity as well. It improves posture by working pretty much every muscle along the posterior chain which is a set of muscles generally neglected by the general population. These muscles not only improve posture but significantly reduce the risk of common injuries. This means look better and feel better.

The best core workout ever. The first time someone showed me how to brace abdominals during a deadlift to protect the lower back. I had such bad delayed onset muscle soreness (**DOMs**) in my core that I couldn't laugh for days. Client who work through a deadlifting program notice how definition and strength improve throughout their mid section.

Mobility & Dynamic Warm Up

Lunge with Rotation

Step With Knee Hug

Inch Worm to Frog With Rotation

Full Squat with Elbow External Rotators

Frog Squat

Pigeon With Lateral Reach

Broom Handle Stretch Overhead Squat

Horizontal (Long) Jump

Points Of Torque and Set-Up

Use Only 30cm Plates unless you have the mobility of a gymnast it can be dangerous.

Ideally Wear Either A Flat Heel Shoes Or Go Barefooted This enables you to feel the ground and recruit the correct muscles as apposed to a heeled trainer

Step Up To The Bar You should be able to see your shoelaces over the bar or over the arch of your foot.

Position Your Feet About Shoulder Width Apart I always use the jump test for this measurement. If you jump into the air the position your feet land is where they should stay.

Pull The Hips Back Until You Can Grab The Bar.

Grab The Bar Just Outside The Shins.

Please Use A Double Overhand Grip Not A False Grip the use of this Grip should be done sparingly as it can cause imbalance over time and twist the body

Flex The Triceps This prevents biceps tears and stops you taking a **run up** to the bar

When You Do This Keep The Shins Straight Maybe 5 degree flex is ok

Keep Everything behind The Arms If knees start poking in front of the knee or the elbows flex and sit behind this will change the mechanics of the lift and will weaken leverage or worse still put extra load on the lower back and may effect a breakdown of correct posture during the lift.

Pull the Shoulder Blades Together by Drawing The Shoulder Girdle Towards the Hips

Flex the Lats. This can also be a breakdown of the bodies mechanics and may cause shoulder rounding and neck strains maybe put pressure on the lower back. Like i've said before we are doing this lift to create maximal torque on the posterior chain and a weak link will effect the effectiveness of the exercise.

Keep the Chin In and The Neck Neutral Do not look up as it's a recipe for injury plus it actually **weakens your upper body strength 15-25%** by crushing the nerves that send via the Nervous System that initiates strength

Look Down or Just in Front of You if you look up it tends to lead to internal rolling of shoulders and can lead to neck issues short & long term.

Take a Deep Breath and Push into Stomach As Hard as Possible This creates inter-abdominal pressure which keeps lower back Neutral during Lift. People think they wear belts to protect the lower back. Indirectly it does by creating inter-abdominal pressure by pushing abs against the belt which creates a more rigid lower back.



Initiating The Deadlift Movement

Don't Move The Bar If you have completed your set up using the cues if you move the bar the whole setup needs to start again. If you move the bar all the reasons behind the set up become redundant.

Take The Slack Out The Bar By this I mean flex triceps start pulling on the bar until you hear a click. This stops what I call '**The Run Up**' this is when people either flex the bicep and try and create momentum with the body. This will one send the hips up first also known as a '**Strippers Deadlift**' because the bum goes up first which effects strength and leverage or it may tear the biceps. Plus if you don't start pulling before you actually pull I've often seen a weakening of the core and a non engagement of the primary mover muscles which are the Glutes and Hamstrings.

Feel The Weight In The Centre Of The Foot I for many years believed that the weight should be on the heels. I think I read it in a bodybuilding magazine. Like the Squat you should be able to feel all 3 points of the foot. The big toe, little toe and the heel. Pulling on the heel can take you off balance and effect leverage.

Take A Deep Breath & Push Like Your Life Depends On It Into The Abdominal Wall Inter Abdominal Pressure is Key to keeping immaculate lower back mechanics.

Push Through The Quads Then Pull Through The Hamstrings & Glutes Contract the Quads Tight and start pulling the bar keeping it close to the shins. I always wear long socks or leggings when doing the deadlift as the bar should scrape the shins and the thigh until lock out up the top. As the bar comes up to the knees keep pushing the knees back to engage the Hamstring & Glutes. Pull the Bar Tight into the body all the way through the lift. The path of the bar should be vertical as it goes up. If you are pulling over

bent knees going up or down then something is wrong. Try and do this in one motion. This is why when you are new to Deadlifting take your time with a sub maximal weight to make sure you get all the cues we cover. Practice makes perfect and that is never more true then when executing the deadlift. If you've ever tried rubbing your tummy and tapping your head it can be quite a task at first. Eventually you get used to the movement and it looks smoother and smoother each time. This applies to any technical lift.

Rip The Ground Between Your Feet Apart If you stand up and try and rip the ground between your feet apart as hard as you can you should feel the Glutes switch on. As you initiate the first part of the lift you should do this as hard as you can. This will involve the biggest muscle in your body the Gluteus Maximus. This is your main driver and point of stability. Plus lets not kid ourselves most of us deadlift to look better. The more you can recruit a muscle the more it will shape and develop.

Come Back The Same Way You Came Down Depending on what you are trying to achieve the bar path should come back the same way. It should jut out past the knees. Don't use too slow Eccentrics as the weakest point in the lift is just below the knee and this is where I have seen most injuries occur.



Troubleshooting the Deadlift

Please go away and put into practice the things you have learned today before loading the bar up. Deadlifting is a skill like dancing or ice skating and should be practiced again and again. Most of the cues today will make the movement feel alien at first but the more you practice the more automatic the movement will become.

As much as I pride myself on my knowledge in the Deadlift which derives from nearly 30 years of doing it plus several years of instructing the squat during 1000 of hours PT experience. Plus thousands of pounds worth of mentoring and education from the best in the world I simply want to point out some trouble spots to be aware of when Deadlifting.

Very often its something simple like altering foot position tightening muscles or working on a structural re-balance program for a few weeks will improve technique. If you feel pain or discomfort stop immediately and consult a **Physio or Doctor**. I would be very suspicious of anyone who claims to be an expert and can rectify your issue with a run through or hour session.

Please consult a Physio or talk to your GP before embarking on a new exercise regime.

Unable To Get Into The Set Up Position Without Tightness Or Pain

Lower Back Rounding As You Start To Pull

Unable to Pull From the Ground

Lower Back Pain

Weight Shifts Forwards When Pulling Off The Ground

Lower Back Rounding During Pull

Upper Back Rounding During Pull

Hips Coming Up Before The Upper Back

Inability To Lock At The Top

Losing Grip

Everyone is designed different. On the day I'm help improve quality of the Deadlift but it up to you to experiment and adjust you bodies mechanics to create the most efficient and safe movement. Popular sayings like '**No Pain, No Game**' should be avoided. If the full squat ever causes you pain stop immediately and get assessed by an expert.



Long Term Progression & Safety

If you fail to plan you plan to fail. This is such a good analogy of how strength progressions never progresses. When looking at long term progression look at what you want to achieve, assess where you are now and work backwards. For example if your **4 Repetition Maximum (4RM)** is say for argument sake say is 80kg and in six month your goal is getting to 100kg. If you **increase your weight each week by 2% you would reach your goal within 12 weeks which is half the time you planned. I still think 2% increase week to week is still the best way to progress.** This is the **S.M.A.R.T. principle of goal setting** which is a an acronym that every goal should be

Specific Measurable Achievable Realistic Time-Framed.

The reason I say this is because not every week you are going to be 100% due to maybe **poor sleep, external stress (Yes, that makes a big difference to strength as strength comes from the nervous system), being unwell, busy at work or just off.**

When you are pushing heavy I work off the **Rate Of Perceived Recovery(RPR)**. This is scale that estimates how many reps you have left if you need to push. For example, if you are going for a maximum for a **4 RM** you should **never push to absolute failure** as you are setting yourself up for injury, overtraining and a stimulus you are unable to recover from any time soon. I always say leave between **1-3 reps** in the tank.

Deadlifting Variations

Sometimes the Deadlift just doesn't work for you due to torso length, limb length or just the way your body mechanics work. I'm teaching the standard Deadlift or the **Conventional Deadlift**. I myself never really felt comfortable doing this style of Deadlift and had a number of injuries and never really made concrete progress. Eventually I converted to the Sumo Deadlift and I stayed injury free and progressed at a steady rate. To be honest the lift just feels much better. I can't honestly say that the lift is optimal for me but I believe that the placebo effect makes it easier to progress. It really does just come down to preference. ***"The program that works the best is the program that the client believe works the best"*** - **Christian Thibaudeau**

Here are some Deadlift Variations to try once you have mastered the basics.

Conventional Deadlift

Sumo Deadlift

Hex or Trapbar Deadlift

Snatch Grip Deadlift

Zercher Deadlift

Romanian Deadlift (RDL)

Straight Legged Deadlift

Stiff Legged Deadlift

Deficit Deadlift

Rack Pull Deadlift

Conventional Block Pull Deadlift

Sumo Block Pull Deadlift

Hip Dominant Sumo Deadlift

Quad Dominant Sumo Block Pull Deadlift

Suitcase Deadlift

