

Deadlift

Key Points

1. Hip-width stance
2. Hands just outside of hips
3. Full grip on the bar
4. Shoulders slightly in front of the bar
5. Lumbar curve maintained
6. Hips and shoulders rise at the same rate
7. Bar moves over the middle of the foot
8. Heels down
9. Complete at full extension



Perfect reps (10)

Spotter Responsibility:

Muscles Worked:

Coaching Cues:
