

Exercise of the Month



The Deadlift

Purpose: A great exercise for building muscular strength in the back and legs and learning proper technique for lifting weighted objects off the floor.

Target Muscles: Primary: Hamstrings, Glutes, Lower Back. Secondary: Quads, Lats, Traps.

Equipment: A barbell or weighted straight bar. Dumbbells can be used to decrease intensity, or for those who are less experienced. A squat rack (with low-set pins) or a bench to set the weight on is optional if mobility is limited starting off the floor.

Movement:

- Begin in the downward position, gripping the bar with a double overhand grip, feet roughly hip-width apart, and shins mostly perpendicular to the floor.
- Be sure your back is starting in a neutral/flat position, and your toes are pointed slightly outward (roughly 5-15 degrees).
- Initiate upward movement by pushing off the ground with your heels and mid-foot.
- As you ascend, continue pulling the bar upward by driving your hips forward and pulling your shoulder blades and lat muscles back.
- When you approach the top of the rep, your knees and hips should finish extending (straightening) at the same time.
- Reminder: Your back should remain flat/neutral and your core should remain tight throughout the entire range of motion.

Benefits:

- Deadlifts are beneficial because they work the muscle group known as the “Posterior Chain,” which strengthens the legs, lower back and core. This in turn decreases the future risk of lower back related injuries, as well as teaches proper form for lifting heavy objects off the floor.



Alternative w. Dumbbells

