



# Exercise of the Month



## Deadlift to Push-Press

**Purpose:** This is a total body exercise that improves strength, balance, and power.

**Target Muscles:** Glutes, Hamstrings, Quads, Pecs, Biceps, Triceps, Deltoids, Back

**Equipment Needed:** Dumbbells

**Movement:**

- Holding dumbbells at your side, begin with feet planted firmly hip distance apart. Keep your chest lifted and shoulders back and down.
- Soften your knees as you push your hips back, lowering the weights toward the floor keeping them close to your legs. Sink low enough to feel a stretch in your hamstrings. Maintain a neutral spine and avoid rounding the back.
- Squeeze your glutes and press your feet through the floor and you raise the dumbbells pulling yourself up at a quicker pace than when lowering the weights.
- Bend your elbows pulling the dumbbells up to shoulder level and land in a shallow squat then immediately extend your legs while pushing the weights up overhead, arms fully extended.
- Return the weights back to your side with control to starting position and repeat.

**Option:** This exercise can be done with a barbell.

[Click here](#) for video demonstration of this exercise.

