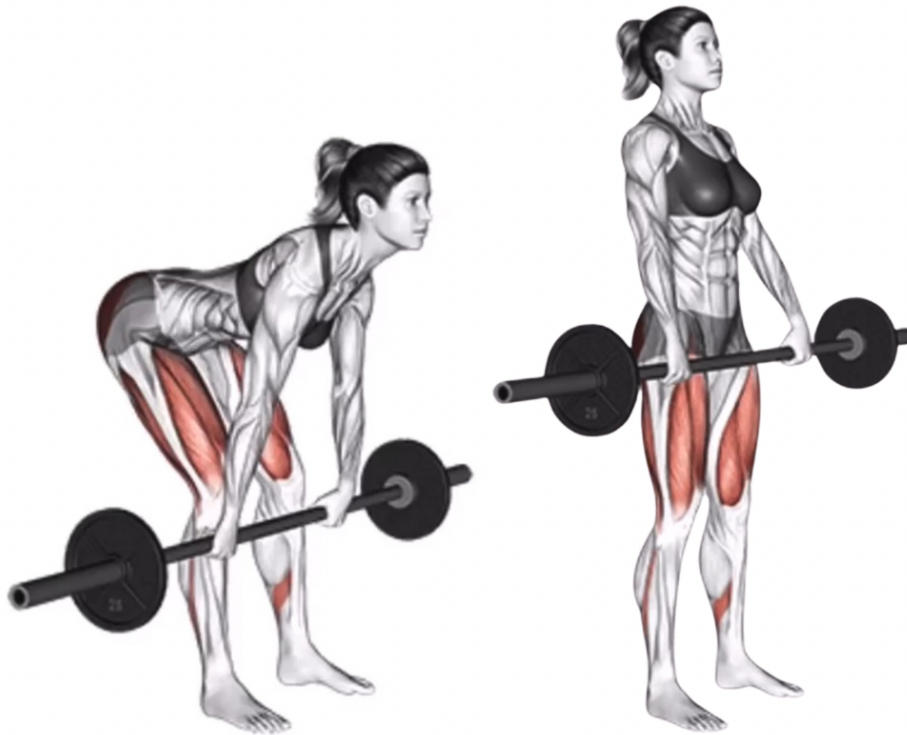


## HOW TO PERFORM A ROMANIAN DEADLIFT (RDL)

# MUSCLES WORKED

GLUTEUS MAXIMUS, HAMSTRINGS,  
ADDUCTORS, ERECTOR SPINAE  
(BACK), QUADRICEPS, SOLEUS



-Approach the barbell with a hip width stance as if standing ready to take a jump straight up in the air. To ensure that your feet are in the correct position, consider where your shoelaces are tied and stand with them directly under the bar.

-Once you've found your stance, push your hips back and bend your knees to grip the bar just outside of hip width, next to your shins. We would advise using a pronated grip so that your palms are facing downward to avoid muscular imbalances.

-Some people prefer to use a mixed grip, where one hand faces up and one faces down. This grip type may allow you to lift more weight and avoid grip fatigue, however it's important to swap the grip of each hand over to avoid imbalances.

-Keep your feet planted and your grip on the barbell strong before bringing your hips down to sit back into the deadlift and pinning your shoulder blades back. Deadlift the dumbbell up to your starting position by driving through your legs, as if pushing the ground away from you.

-Now that you are standing straight with the barbell, you're ready to start your first rep! Pull your shoulder blades back and begin the rep by pushing your hips back as far as they will go (this is often until the barbell is between the knee and the middle of the shin).

-Try to keep your shoulders pinned back to prevent your arms falling forward and the barbell falling out of your hips' range of motion. Keep a neutral neck to protect your spine – try not to look in a mirror, whether it be straight ahead or to the side!

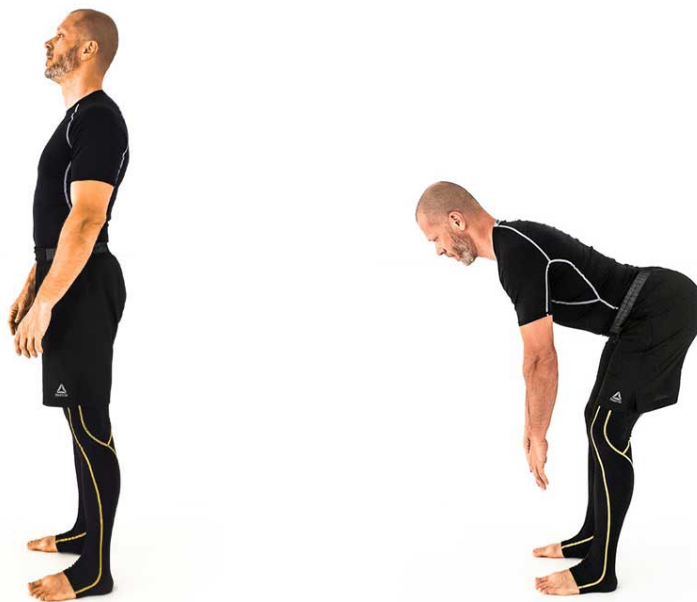
-Once you cannot push your hips back any further, push your hips forward to stand back up straight. Squeeze your glutes and hamstrings slightly at the top of the movement but try not to overextend as this can place lots of pressure on the lumbar spine!

- Once you've completed all your reps, you'll need to place the barbell back on the floor. Maintaining a neutral spine with the shoulder blades pinned back, push your hips back and hinge until the barbell passes your knees. From this position, bend the knees so that the barbell is back on the floor again.

## COACHING TIPS:

The Romanian deadlift heavily revolves around the hip hinge movement, with the back remaining straight. It's important to master hip hinging before attempting to RDL as if done incorrectly under heavy load, this can lead to injury of the lumbar spine.

*You can practise the hip hinge (see image below) by facing away from a wall and pushing your hips back until you touch the wall. If you don't feel much of a stretch in the hamstrings, take a step forward and try again!*



Another important aspect of RDLs is ensuring upper body tension throughout the movement. It can be tempting to lower the bar as low as possible when performing the RDL, however this is not necessary.

Instead, ensure a neutral spine as you hip hinge, and only lower the barbell until your hips cannot go back any further. This will keep the tension on the hamstrings and glutes and will minimise injury risks.