# HOW TO PERFORM A CONVENTIONAL DEADLIFT

## MUSCLES WORKED

### HAMSTRINGS, GLUTES, BACK, HIPS, CORE, TRAPEZIUS



Stand behind the barbell with your feet shoulder-width apart. Your feet should be almost touching the bar.

Keep your chest lifted and sink back into your hips (hip hinge) slightly while keeping a straight back. Bend forward and grip the barbell. Keep one palm facing up and the other facing down, or both hands facing down in an overhand grip.

As you're gripping the bar, press feet flat into the floor and sink your hips back.

Keeping a flat back, push hips forward into a standing position. Finish standing with your legs straight, shoulders back, and knees almost locked out. The bar should be held with straight arms slightly lower than hip height.

Return to the starting position by keeping the back straight, pushing your hips back, bending the knees, and squatting down until the bar is on the ground.

**COACHING TIPS:**

While the conventional deadlift can help to reduce injury risks in everyday life, it's important to master the correct form so you target the intended muscles and avoid placing too much pressure on the lower back.

Maintaining a neutral spine throughout the movement will ensure most of the load is being lifted by the lower body muscles.

*A neutral spine refers to keeping your spine straight to prevent it from flexing. To do this, you'll need to focus on sitting into the deadlift, lifting your chest, and pulling your shoulder blades together.*

Another important aspect of the deadlift is bracing your core.

Like maintaining a neutral spine, bracing your core helps to protect your spine during the exercise.

It also contributes to stability and balance, so you can place greater emphasis on the lower body.

*How to brace your core: before lifting, take a breath then breathe out and push your stomach outwards as if somebody were about to punch you in the stomach.*

*Hold this until you reach the top of the movement, before breathing out as you begin to lower the barbell to the floor.*