

StrongLifts Deadlift Tip Sheet

How to Deadlift

1. Walk to the bar. Stand with your mid-foot under the bar. Don't touch it with your shins yet. Hip-width stance, toes out 15°.
2. Grab the bar. Narrow, about shoulder-width apart. Arms vertical from the front-view, hanging just outside your legs.
3. Bend your knees. Keep going until your shins touch the bar. Don't move the bar. Keep it over your mid-foot.
4. Lift your chest. Straighten your back. Don't move the bar. Don't drop your hips. Don't squeeze your shoulders-blades.
5. Pull. Take a big breath, hold it and stand up. Keep the bar against your legs. Don't shrug or lean back at the top.

Deadlift Form 101

- Bar Path: vertical line over your mid-foot when looking from the side
- Barbell: on the floor, over your mid-foot, at the start of each rep
- Stance: heels hip-width apart, narrower than on the Squat
- Feet: whole foot flat on the floor, toes turned out about 15°
- Grip: narrow, about shoulder-width apart, with the bar close to fingers
- Arms: vertical when looking from the front, slightly incline from the side
- Elbows: locked before and during the pull, until lockout. Never bent.
- Chest: up to avoid back rounding, do NOT squeeze your shoulder-blades
- Shoulders: in front of the bar from the side view, relax your shoulders and traps
- Shoulder-blades: over your mid-foot when looking from the side, don't squeeze them!
- Head: inline with the rest of your spine, don't look up, don't look at your feet either
- Lower Back: neutral, with a slight natural arch. But no rounding or excess arching
- Hips: setup looks like a half Squat, hips higher than parallel. Don't Squat your Deadlifts
- Setup: bar over mid-foot, shoulder-blades over bar, straight line from head to lower back
- Breathing: take a big breath at the bottom, hold it at the top, exhale then inhale at the bottom
- Pulling: don't jerk the bar off the floor, pull slowly while dragging the bar over your legs
- Lowering: hips back first, bend your legs once the bar reaches your knees
- Between Reps: don't bounce, rest a second, lift your chest, breathe, pull again
- Traps: let them hang, relaxed. Do not shrug or roll your trap muscles at the top
- Lockout: lock your hips and knees. Don't lean back at the top

Read more

- <http://stronglifts.com/deadlift/>
- <http://stronglifts.com/5x5/>
- <http://stronglifts.com/apps/>