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## Deadlift Progressions

### Level One: Sumo Deadlift

Slightly wider base than a squat (feet outside shoulder width), this places more emphasis on the hamstrings compared to traditional deadlifts. Focus on keeping the spine straight and core engaged.

To increase the depth (range of motion) start with the weight on a step, progress to putting the weight on the floor and finally stand with the feet astride two steps and the weight dropping between them, until thighs are parallel to the floor.

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#### Teaching Points

- Start by placing a dumbbell on its end (vertically) between your toes
- Take your feet wider than shoulder width, toes pointing slightly out
- Squat down, pushing the hips back, keep back straight, retract the shoulder blades
- Take hold of the dumbbell, with your fingers under one end
- Pushing up through the heels, stand tall, arms stay straight

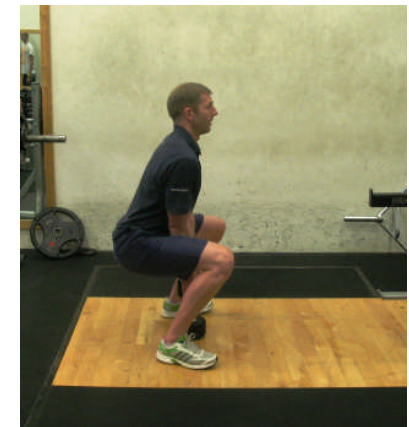


#### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, quadriceps, adductors, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, abductors.

**Be aware of:** knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip knees not following the line of the toes, shift to one side when pushing up, thoracic spine flexing, keeping spinal alignment.



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## Level Two: Trap Bar Deadlift

The trap bar offers the user a safer way to develop the deadlift technique, slowly increasing the workload on the lower back (erector spinae). Hands are switched to neutral position with the weight through the centre of the body.

This is a progression due to the load principle, increased leg and hip drive, narrower stance, scapulae retraction and the lower back is more involved



### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, quadriceps, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, abductors, adductors.

**Be aware of:** knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), knees not following line of the toes, shift to one side when pushing up, thoracic spine flexing, keeping spinal alignment, knee and hip extension not at the same time.



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### Teaching Points

- Have the bar loaded or resting on a step so slightly raised
- Step in the bar, feet shoulder width apart, feet facing forwards / slightly out to the side
- Push the hips back, bend at the knees keep the back straight, head facing forwards, maintain a straight spine
- Take hold of the bar, with your elbows outside your knees, hips slightly higher than knees
- Push up through the heels, keeping the back angle the same until the final part of the lift
- Pause and return to the start, controlling the movement back down

## Level Three: Barbell Deadlift

The barbell deadlift is a progression from the trap bar as the centre of mass has changed as the bar is now slightly in-front of the body (rather than through the centre line). There is also an increase on the strain on the lower back.



### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, quadriceps, erector spinae.

**Secondary Muscles:** rectus abdominus, transverse abdominus, abductors, adductors.

**Be aware of:** leg fully extending with the back still parallel to the ground, knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), knees not following line of the toes, shift to one side when pushing up, thoracic spine flexing, elbows dropping, keeping spinal alignment, knee and hip extension not at the same time.



### Teaching Points

- Feet shoulder width apart, bar should be over mid foot
- Push the hips back and lower, keeping head facing forwards, not directly down
- Take hold of the bar just outside the legs with chest up and shoulders directly above the bar, hips higher than knees
- Push up through the heels, keeping the bar close to the body, back stays in the same position
- Bring the hips forwards, squeezing through the glutes, locking the knees and hips
- First push the hips back and then bend at the knees, under control lower the bar to the floor