

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.

Progressions Start with a box deadlift, so the client gets use to the movement (hips back first), progress to a Sumo Deadlift from the floor, then progress to feet astride two steps and the weight dropping down between the steps, until the thighs are parallel, increasing the range of movement.

Teaching Points

- Start by placing a dumbbell on its end (vertically, directly in front of 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

Look out for: 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

