

## 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 position allows for easy teaching and coaching.

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

### 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 (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

**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, knee and hip extension not at the same time

