

## 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.

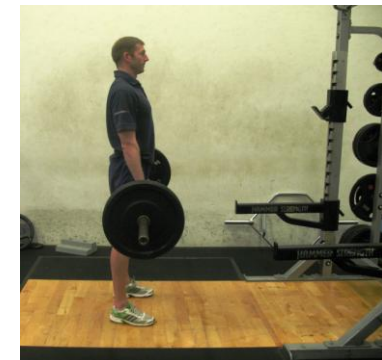


### Target Muscles

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

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

**Look out for:** 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 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, 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 to, under control, lower the bar to the floor