
Level Five: Romanian Deadlifts (dumbbells)

The weight is now in front of the body and there is a greater range of movement from the hips, the centre of mass is now pulling in a forward direction, meaning the core has to stay engaged to maintain a straight spine.



Target Muscles

Primary Muscles: gluteus, hamstrings, erector spinae

Secondary Muscles: rectus abdominus, transverse abdominus, quadriceps, gastrocnemius

Teaching Points

- Feet shoulder width apart, holding a set of dumbbells resting on your thighs
- Keeping the core engaged and a straight spine, head moving with the spine (start facing forwards then to the floor like you are bowing)
- Bend at the hips, pushing the glutes back, and lower the dumbbells towards the floor, keeping the dumbbells close to your body
- Have a slight bend at the knee joint
- Keep the core engaged and back straight throughout the movement
- Use the hamstring, glutes and erector spinae to return to the start

Look out for: not having a slight bend at the knees, spinal alignment (head looking up), shift of weight to one side, flexion through the thoracic region, range of movement

