
Level Six: Romanian Deadlifts (barbell)

The Romanian deadlift with a barbell is a progression due to the increased stimulus. Keep an eye on the range of movement and make sure the movement is symmetrical (one hip not lower than the other, one hand lower than the other).



Target Muscles

Primary Muscles: gluteus, hamstrings, erector spinae

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

Teaching Points

- Feet shoulder width apart, holding a barbell 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 barbell towards the floor, keeping it close to your legs
- 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 (not retracting the shoulder blades), range of movement

