

PROPER DEADLIFT TECHNIQUE

pt. 2: romanian deadlift

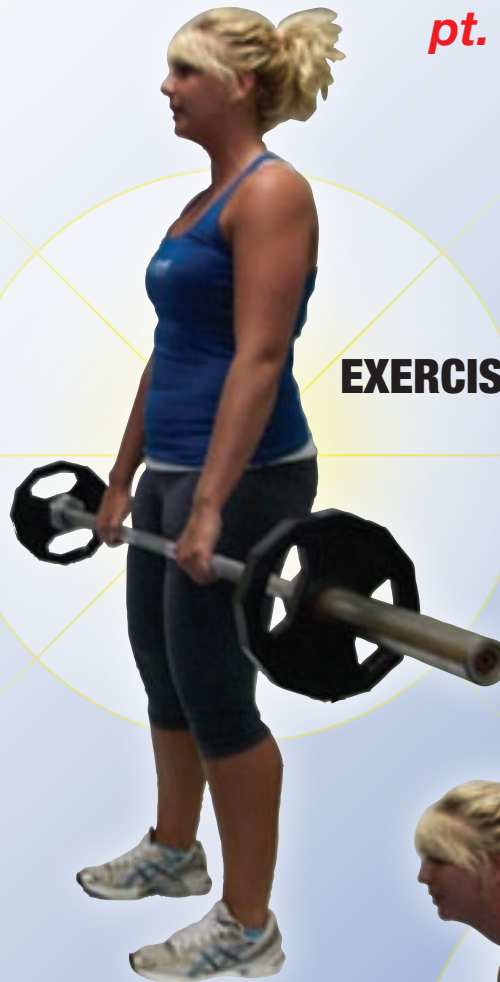
The Romanian deadlift is a lift that uses virtually every posterior muscle, with an emphasis on the gluteals, hamstrings, and lower back. The largest difference between the Romanian deadlift and the traditional deadlift is that the legs are staying straight, with a slight bend in the knees during the exercise. This movement can also be used to pick items off the floor but it is recommended to use the regular deadlift for heavier items. Train hard. Play hard.

Start in a standing position, holding the bar with feet hip width apart and flat on the floor. Make sure your hand position is wider than shoulder width apart on the bar. Keep a slight bend in the knees and your shoulder blades together throughout the whole movement. Slowly bring the bar down by bending at the hips and looking up slightly. Keep the bar as close to your legs as possible. Stop when you feel a stretch in your hamstrings and you cannot go further.

Note: If you cannot feel a stretch in the hamstrings, make sure your back is flat and your knees have a slight bend. While keeping the bar close to your legs, extend your torso back up to the starting position. You may see people perform this exercise on a box, but unless a person is extremely flexible, the exercise is likely being performed incorrectly. This exercise can be performed with dumbbells and other weight training equipment as well. Aim for three sets of 10.

Note #2: By rounding out your back, you change the dimensions of the exercise, putting an emphasis on your lower back. This is not recommended with heavy weights and can lead to a back injury.

Model Name: Ashley Deen



EXERCISE 1



EXERCISE 2