

KEY POINTERS FOR DEAD LIFT

Technique & requirements

Dead lifting isn't about running up to a bar, giving it a yank and then pulling like mad. Unfortunately, people lift like that, their style is abominable, their back is bowed like a u-bolt and they have a one way ticket to injury. Of much greater value is to think carefully about your technique, draw up a plan and employ a sensible routine. Be sure that you fully understand the lift and that your technique is sound even on light weights. Listed below are 13 points of technique and requirements that should be borne in mind whilst embarking on a dead lift cycle.

1. When dead lifting always wear supportive trunks or pants.
2. Footwear should have as flat a heel and sole as possible.
3. Always use a good supportive belt.
- 4 Keep back flat at all times.
5. Keep hips low during the initial phase off the floor.
6. Set and maintain your position at the start of every repetition.
7. Keep the bar close to the body throughout the pull.
8. Look forward or slightly up at the beginning of the pull.
9. Start the pull with fully inflated lungs.
10. Finish the lift and breathe normally.
11. Make sure that at the top of the lift the shoulders are back, the chest is out, knees are locked and the body is erect.
12. Avoid any tendency to lean backwards.
13. Do lower the bar back to the ground with control. .

Just to expand a bit on the above points: Never weight train wearing boxer shorts or other underwear that doesn't give support. Trunks will give the necessary support and are a basic safety requirement. There are good dead lifting suits available when you are training up for competition.

Poor technique is something that can be seen all the time at various gyms and dead lifting with a round back is a common fault lower back and disc injuries. Always lift with a flat back. If the hips rise too quickly at the start of the dead lift more stress will be placed on the back and the lifter will be in a mechanically poor position to complete the lift.

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