

The Dead lift and Dead lift Variations

<i>Type of dead lift or variation</i>	<i>Information, comment, or instruction</i>	<i>Sport specific use and muscle(s) used</i>
Powerlifting	<p>Conventional - Bar is placed in front of lifter on the floor. Feet are shoulder width with shins a few inches from bar and inside of hands. The bar is pulled in one continuous motion until erect.</p> <p>Sumo - Bar is placed in front of lifter on the floor. Feet are wider than shoulder width with shins touching the bar and outside of hands. The bar is pulled in one continuous motion until erect.</p>	<p>For Powerlifting competition and used for other sports as well for strengthening hips and lower and upper back.</p> <p>For Powerlifting only.</p>
Lockouts or Partial	<p>Bar is placed on rack/pins or boxes at various heights to do partial movements. Partial can be done at any level for any distance throughout the whole movement.</p>	<p>For Powerlifting training for upper back, hamstring and trap strength. For Bodybuilding training for size in back and traps. Also for ego.</p>
Jefferson Lift	<p>Bar is straddled and gripped outside the body front and back & lift until you are erect towards crotch.</p>	<p>Archaic.</p>
Platform or Box Dead lifts	<p>Stand on a box or platform, usually 3-4 inches in height, so bar starts on top of shoe. Pull from that point in regular form, either sumo or conventional.</p>	<p>Works hips, upper and lower back.</p>
Hip Belt Dead lifts	<p>Using a hip belt, attach chain around bar (e-z curl is best) and straddling bar like the Jefferson lift up until erect.</p>	<p>Works hips and quads. Somewhat archaic.</p>
Sissy Dead lifts	<p>Hold dumbbell in each hand, and squat down; keep upper legs in line with torso. This can also be done by holding dumbbells cradled in arms.</p>	<p>Archaic, tough on knees.</p>
One Legged	<p>Standing on one leg pull as you would a regular dead lift.</p>	<p>Puts a lot of stress on the knee & used when no weights are available.</p>
Isometric	<p>In a power rack pull against pins set at different heights/levels.</p>	<p>No full range motion. You would have to set pins at numerous and multiple levels to work full range of any lift.</p>

Magic Circle	Called Perry Rader squats/deadlights; metal circle w/shoulder harness, weights hung on circle.	Archaic and somewhat dangerous, as circle swings.
Platform Dead lifts	Weight is suspended from waist and goes through a hole in the platform.	Leg and gluts workout without low back involvement.
Gerard Trap Bar	Similar to sissy squats but holding onto a Gerard Trap Bar.	Works quads and hips.
Stiff-legged Dead lift	Do as you would a conventional regular dead lift but do not bend knees.	Works hamstrings and lower back. Can be dangerous.