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LIMITLESS

Teaching the Deadlift: A Hands-on Session to Master the Mechanics and Technical Intricacies, and Execution!

PRESENTED BY

Jonathan Mike PhD, CSCS*D, NSCA-CPT*D, USAW, NKT-3

Teaching the Deadlift: A Hands-on Session to Master the Mechanics and Technical Intricacies, and Execution!

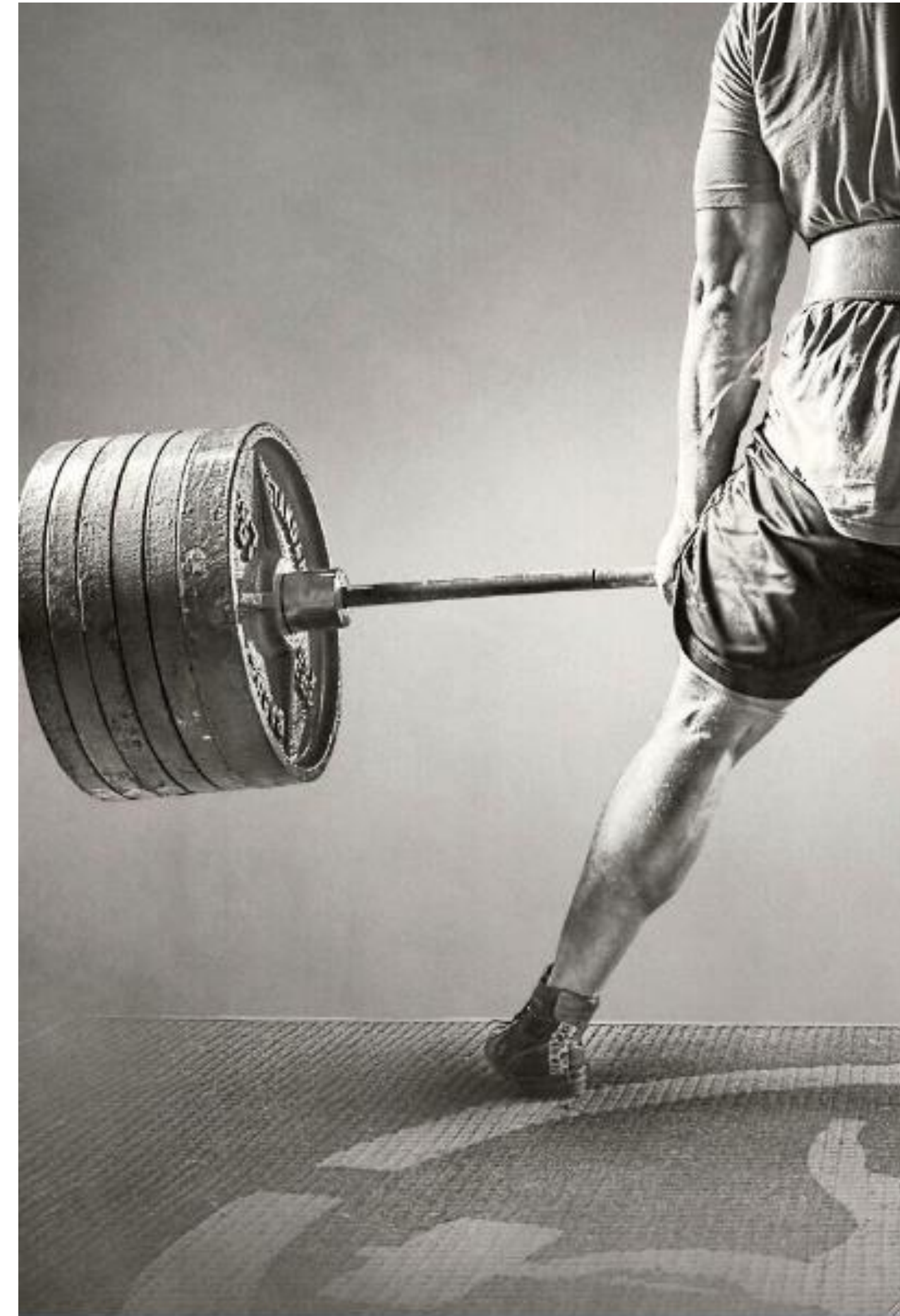
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Outline & Hand-On Session

- The Importance of the Deadlift
- Specific Terminology
- Neutral Spine vs. Round Back

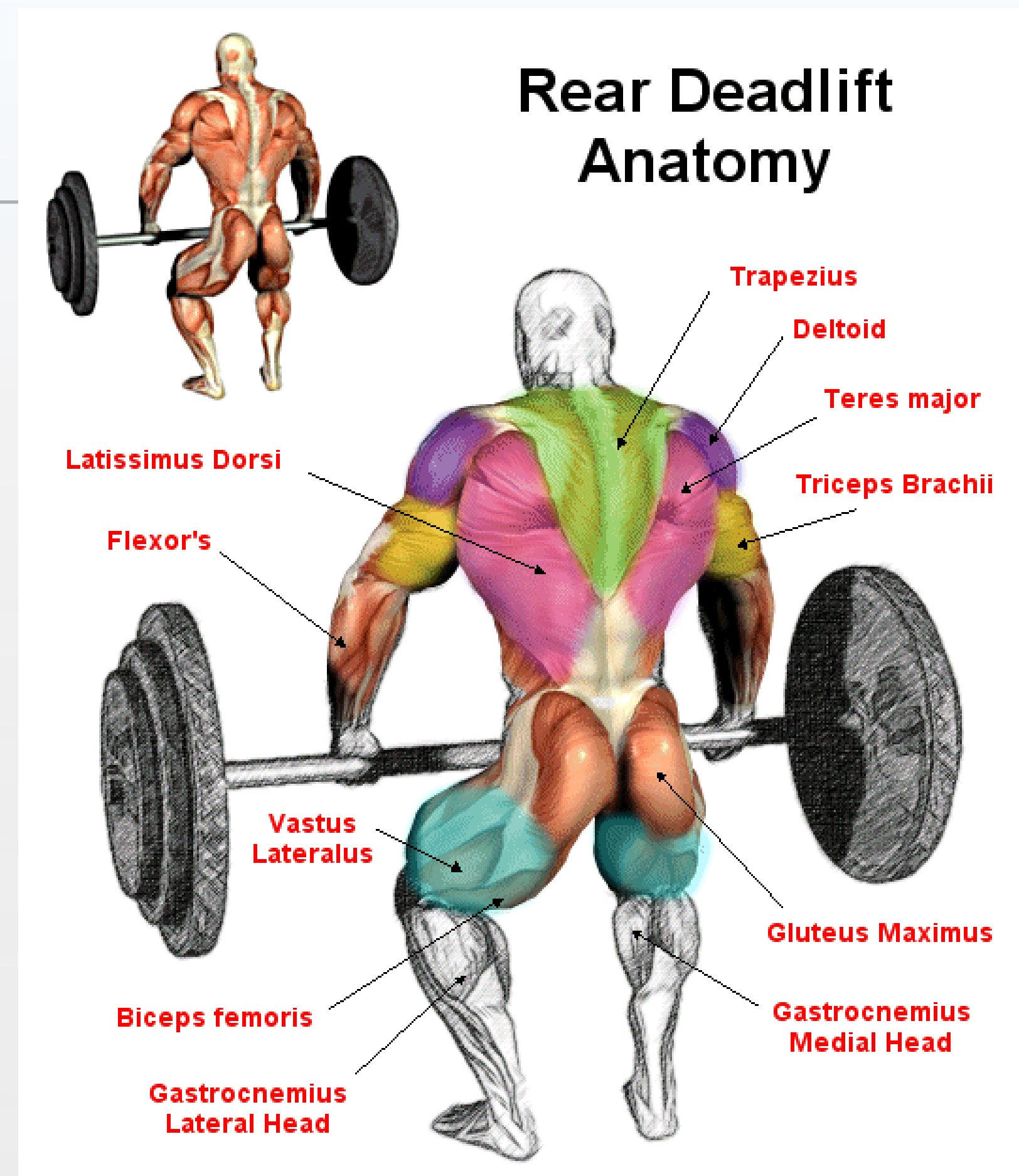
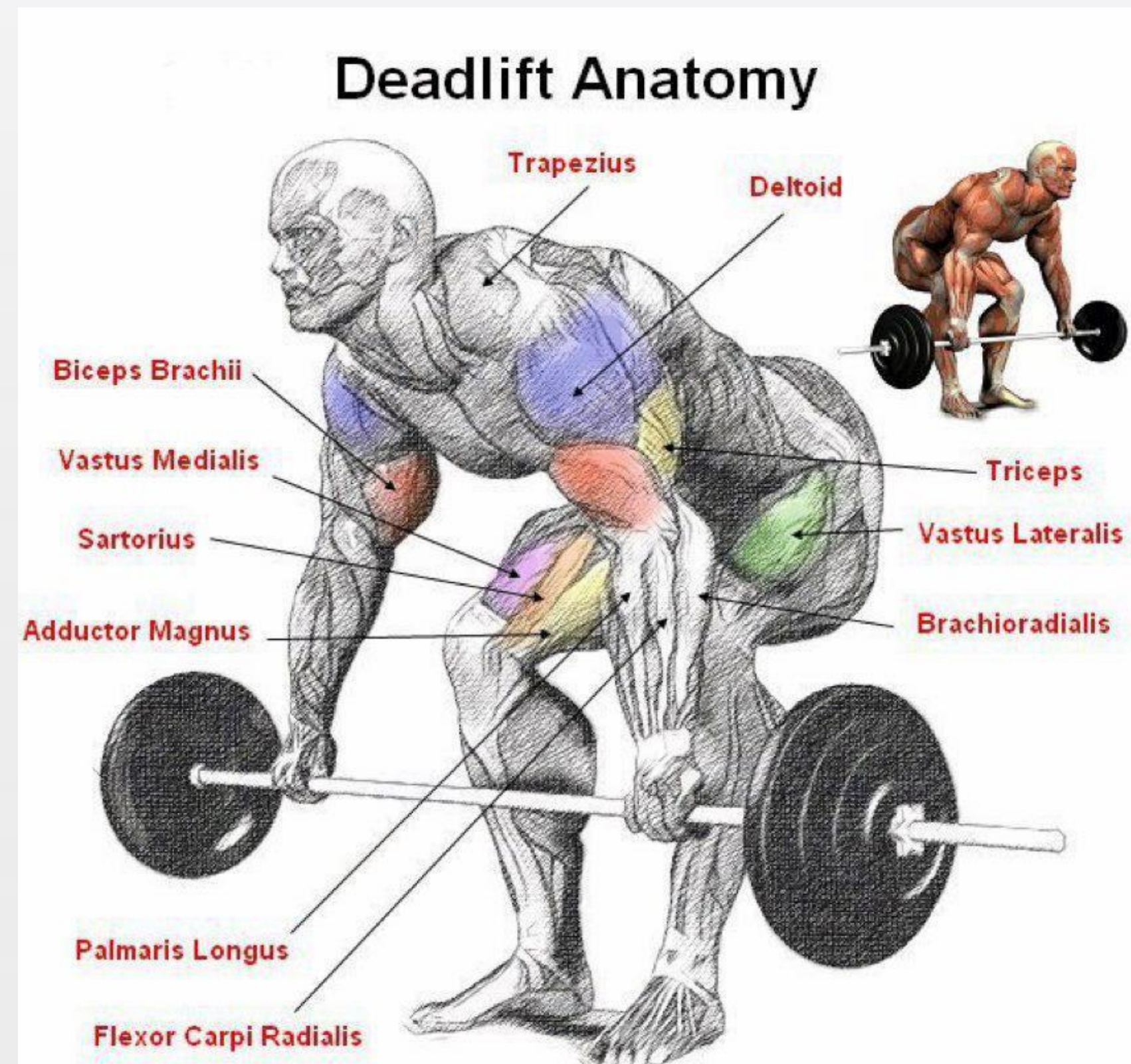
Demonstration: KEY CONCEPTS

- It's all in the "Set Up". In depth set-up and Starting Position, Body position/Technique/Mechanics
- Conventional vs. Sumo DL
- Executing the Pull and Lockout (including misconceptions)
- Tips & Tricks
- **Biggest Mistakes and HOW To Correct Them**



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Let's Talk Deadlift



Importance of the Deadlift

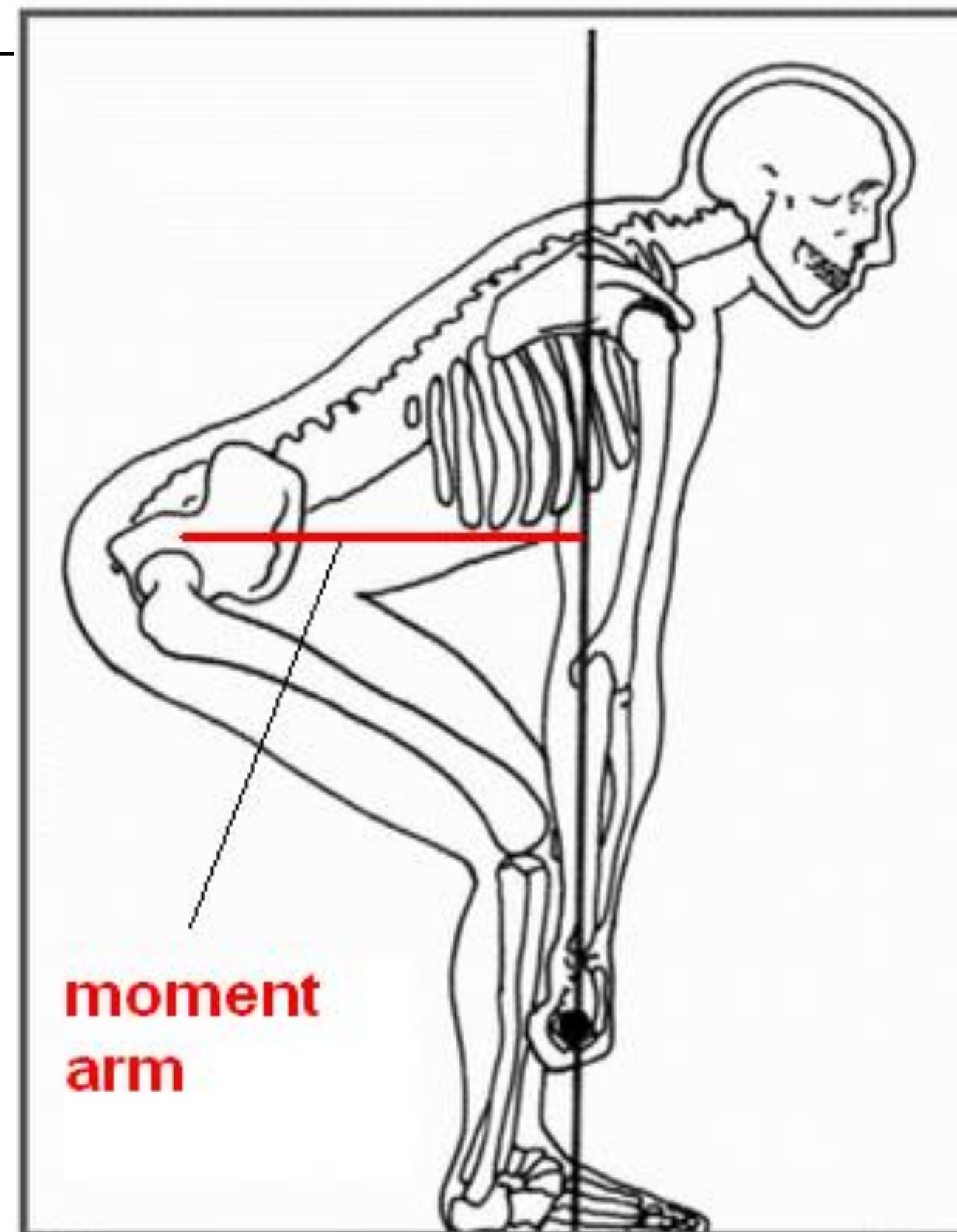
- **Total Body Exercise**
- **Excellent in the development of Strength, Speed and Power.**
- **Transfer to all Athletes and Sports**
- **“Bullet Proofing” the body**



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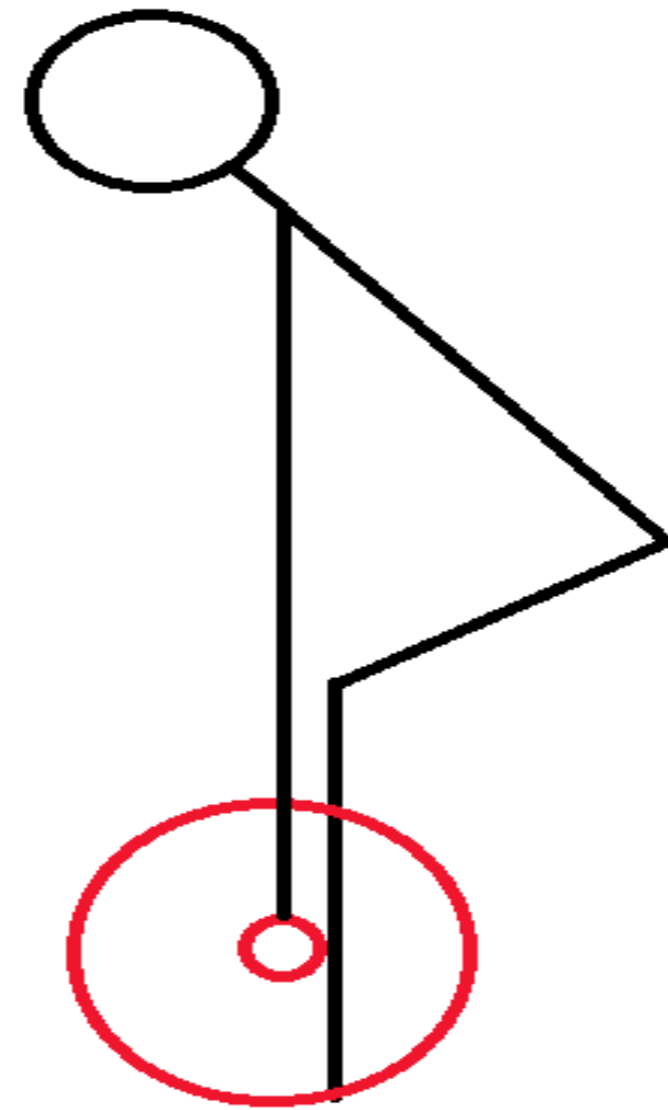
Specific Terminology

- **Force:** $F = M * A$
- **Force Arm:** Perpendicular distance between location of force application & axis; distance from axis of rotation to the line of action of the force
- **Torque:** Turning effect produced by a force
- **Stiffness:** Rigidity of an object. The stiffer the object, the harder it is to deform

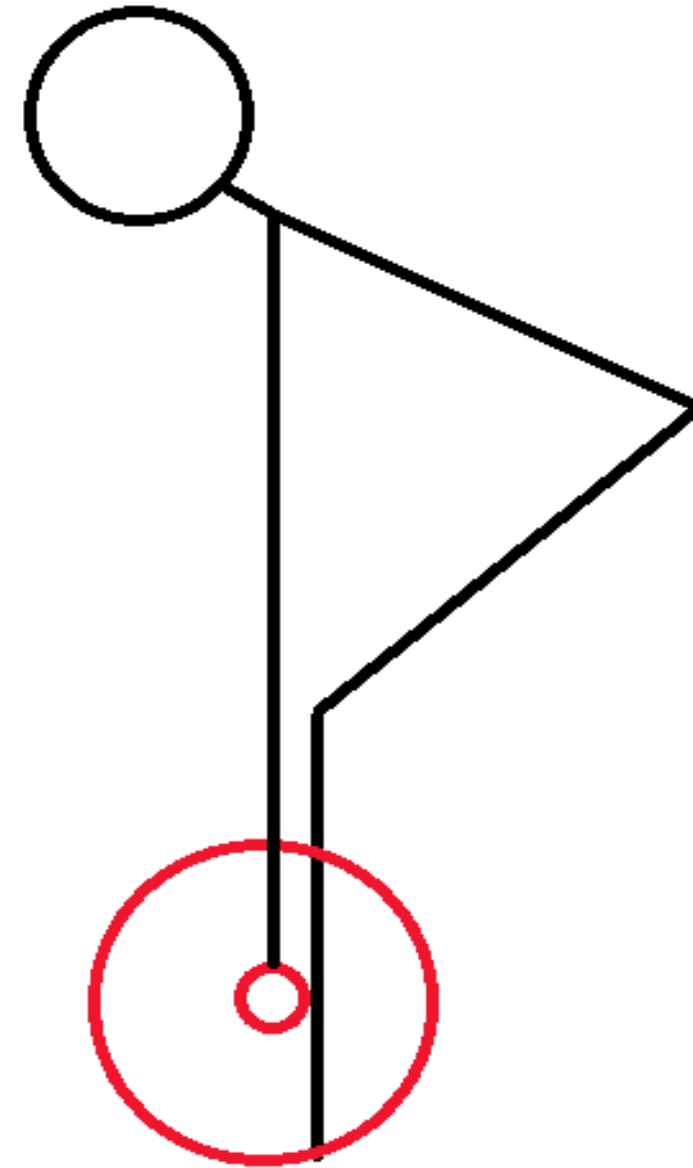


Will All Deadlifts Look The Same??

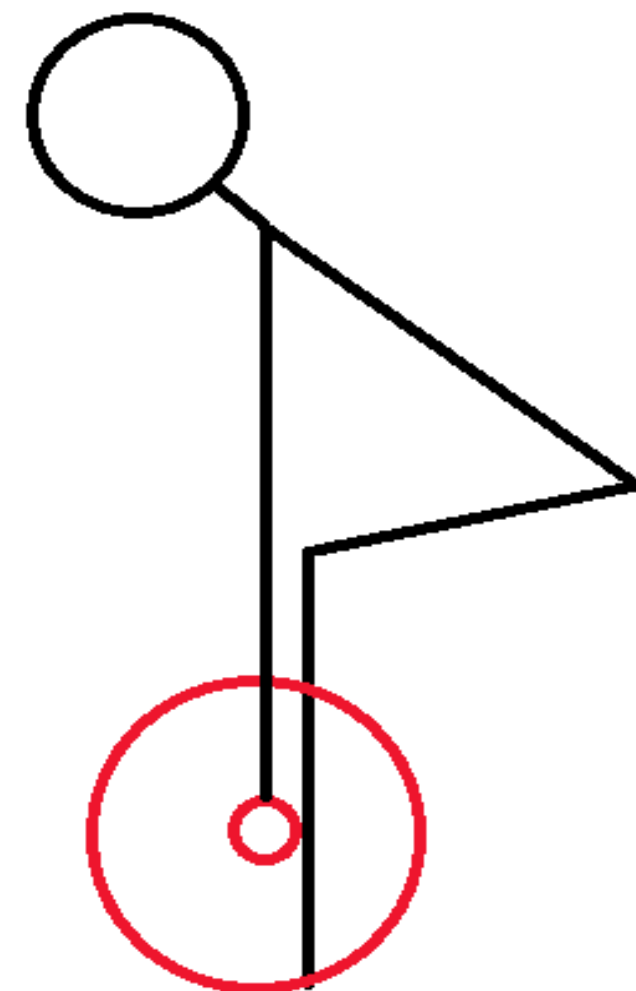
Long Torso, Long Arms



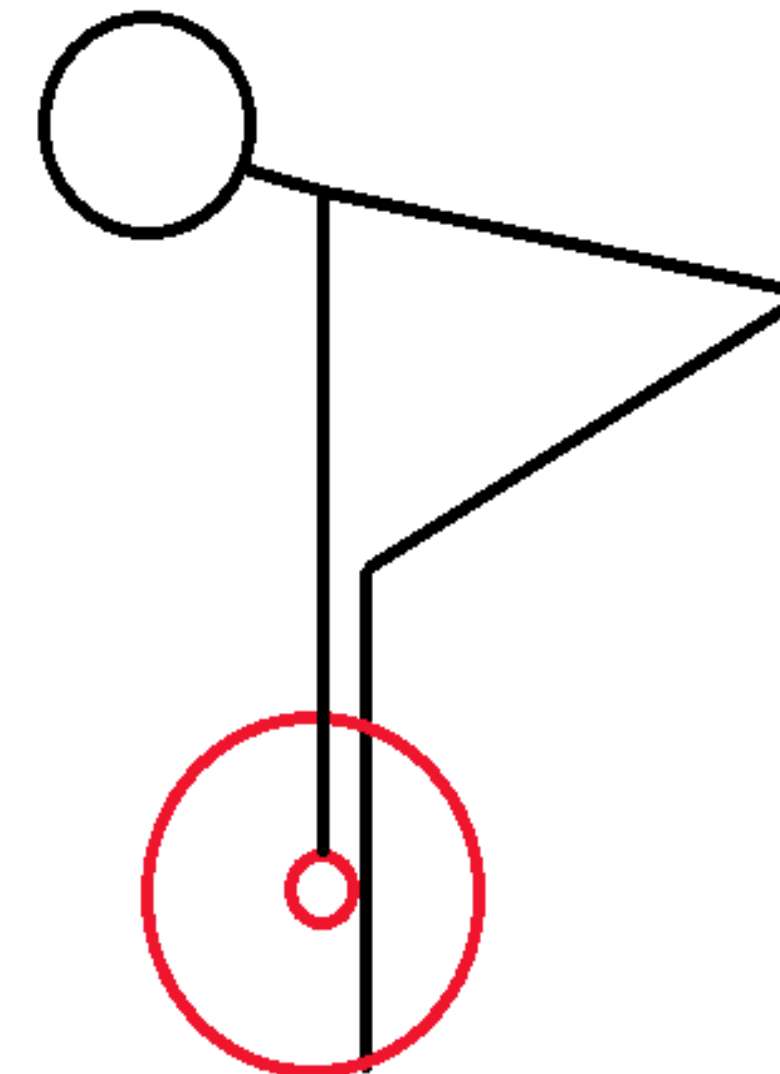
Short Torso, Long Arms



Long Torso, Short Arms

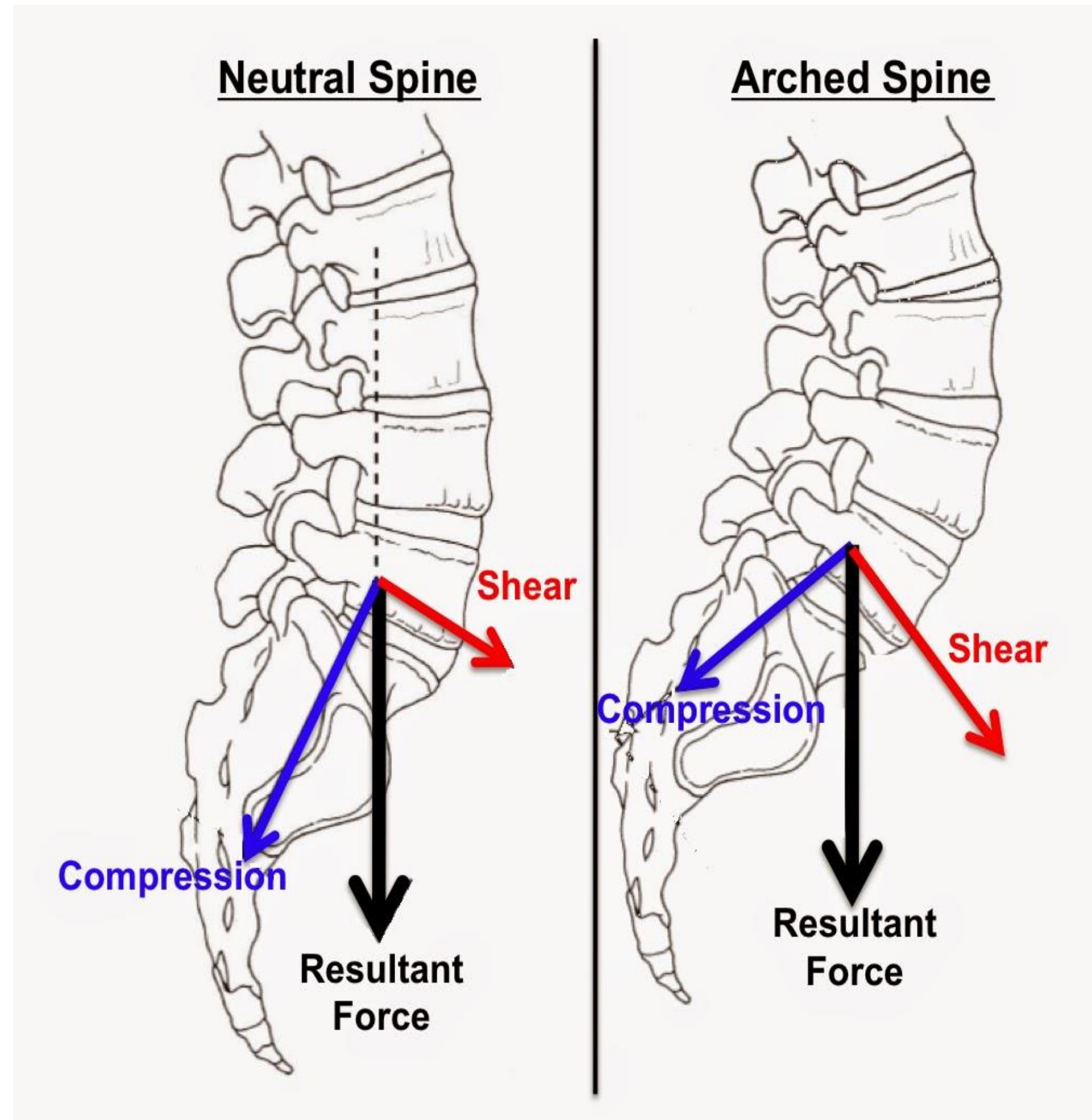


Short Torso, Short Arms



Neutral Spine vs. Rounded Back

RECOMMENDED



NOT recommended



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Deadlift Hand Position

DEADLIFT GRIPS 101

@DRJMIKE

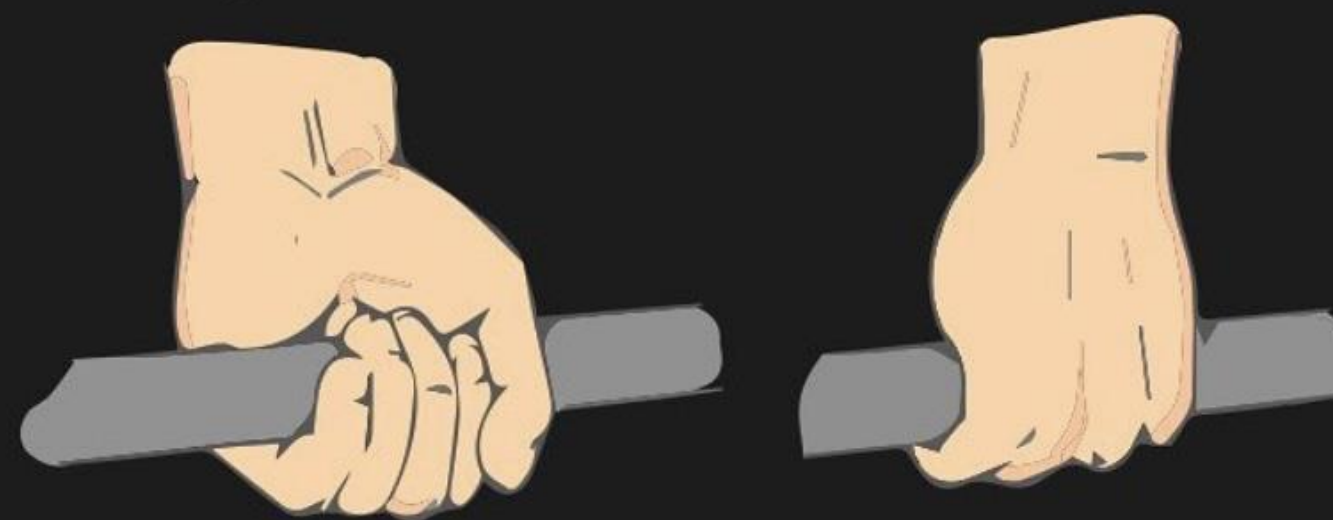
DOUBLE OVERHAND

Both hands are placed directly over the bar, with the thumb wrapping over the four fingers.



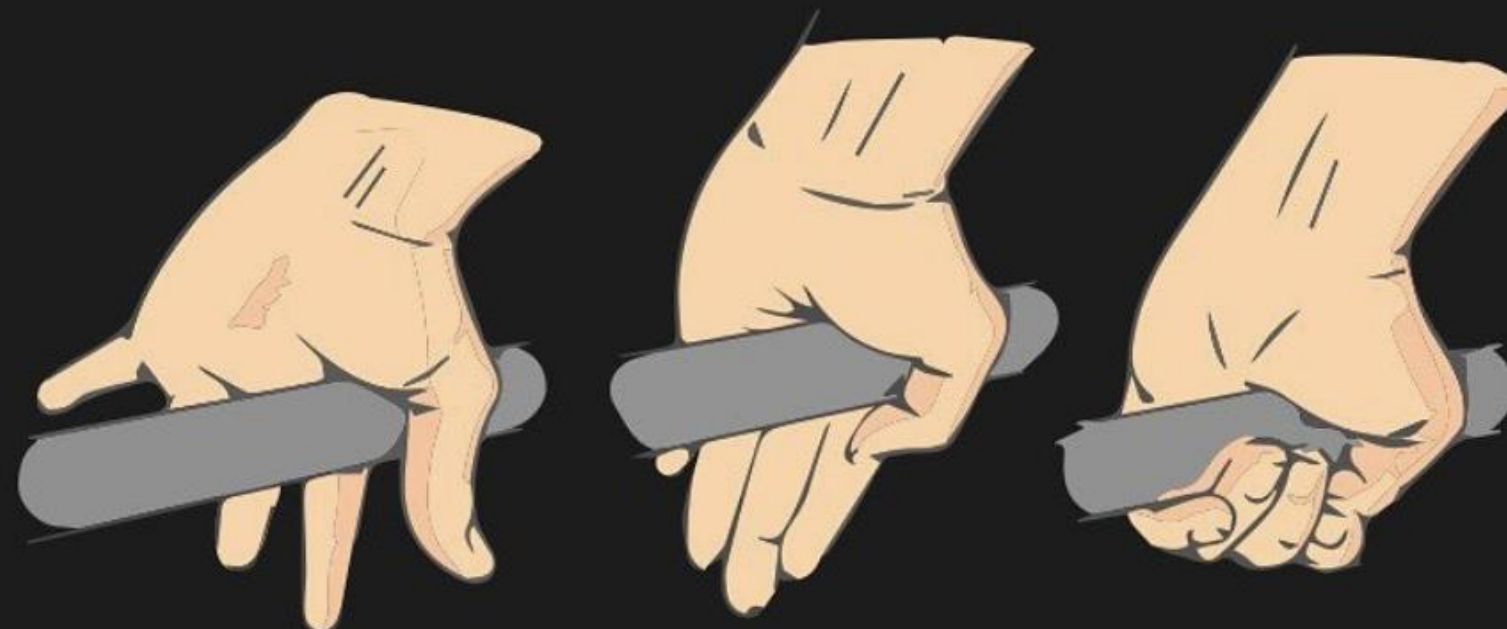
MIXED GRIP

One hand is pronated, while the other supinated. Supinated Hand move out 1-1.5in further to prevent the bar from windmilling during the lift.



HOOK GRIP

Both hands are pronated and the thumbs are tucked under the four fingers, pressing against the barbell. Turning the hand into a "hook."



How to Deadlift and Optimal Technique

DEADLIFT TECHNIQUE 101 @DRJMIKE

EVEN TORSO & LEGS

- Hips Neutral
- Back at 45 Degrees



LONG TORSO LONG ARMS

- Back More Vertical
- Better Suited for Trap Bar or Sumo Variations



SHORT TORSO SHORT ARMS

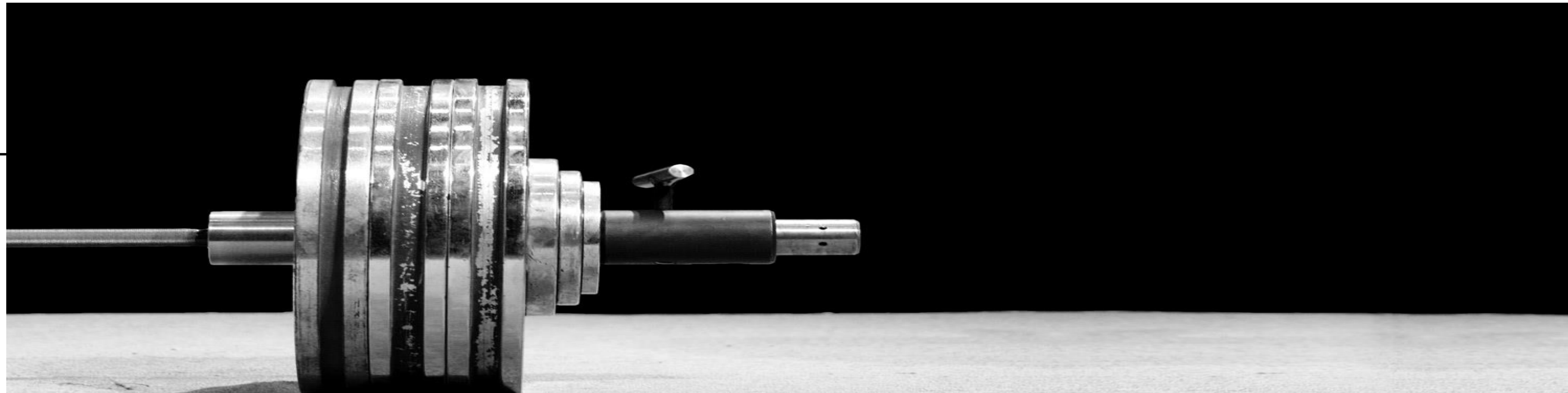
- Back More Horizontal
- Often Great Deadlifters
- More Biomechanical Advantage



SHORT TORSO LONG LEGS

- Hips High
- Back Horizontal
- More Leg Drive






Let's Go Deadlift!!



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Biggest Mistakes



1. Foot placement
2. Pushing down instead of pulling back
3. Sitting the hips too low at the start
4. Not keeping your lats tight 
5. Not pulling the tension out of the bar



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Recent Deadlift Studies

- **Electromyographic Comparison Of Barbell Deadlift, Hex Bar Deadlift And Hip Thrust Exercises: A Cross-Over Study.** Andersen, Vidar; Fimland, Marius Steiro; Mo, Dag-Andrè; **Journal of Strength & Conditioning Research** ., Post Acceptance: January 30, 2017
- **Comparison of muscle involvement and posture between the conventional deadlift and a 'walk-in' style deadlift machine.** Snyder, Benjamin J.; Cauthen, Courtney P.; Senger, Scott R. **Journal of Strength & Conditioning Research** ., Post Acceptance: November 16, 2016
- **The One-Repetition Maximum Mechanics of a High-Handle Hexagonal Bar Deadlift compared to a Conventional Deadlift as Measured by a Linear Position Transducer.** Lockie, Robert G.; Moreno, Matthew R.; Lazar, Adrina; More. **Journal of Strength & Conditioning Research** ., Post Acceptance: April 07, 2017
- **An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise With Straight and Hexagonal Barbells.** Camara, Kevin D.; Coburn, Jared W.; Dunnick, Dustin D.; More. **Journal of Strength & Conditioning Research** . 30(5):1183-1188, May 2016.



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Thank you, Questions?



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