

DEADLIFT 101

Performance Ebook



A Collaboration of

evolv

PHYSICAL THERAPY & PERFORMANCE



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Welcome!

Thanks for joining Oscar and I (Dr. Matt) as we dive into Deadlifting 101.

We're excited that you've decided to check out more about how you can stay safe, healthy, and strong when it comes to deadlift technique! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically focus on the foundational hinging movements, their points of performance, and common faults we tend to see.

We'll begin with the most common problems seen in deadlifting and how to correct these. These will help you understand where you need to focus your attention and dial in your mobility.

Once we've pinpointed improper deadlift form, we'll work through the different foundational movements so you can confidently perform them on your own and get strong in the offseason!

Enjoy!



Points of Performance

- Hip width stance
- Hands just outside of hips
- Shoulders slightly in front of bar at setup
- Heels down
- Bar moves over middle of foot
- Lumbar curve maintained
- **Hips and shoulders rise at same rate**
- Complete at full hip and knee extension



Common Deadlift Faults

- Setup fault
- Loss of neutral spine
- Movement initiation fault
- Improper bar path
- Knees extend before hips (picture below...)
- Lack of control with returning weight to ground



Suitcase Deadlift

- Starting by standing up tall with a weight in each hand, the deadlift is initiated by pushing the hips backwards and bending at the knees.
- Hinge until the weights lightly touch the ground then return to standing by driving the ground away with the legs and pushing hips through.
- Once this movement is practiced and mastered, a barbell can be used (Page 8).



B Stance (Staggered) Deadlift

- Start by setting up with shoulder width stance and a Kettlebell or Dumbbell in one hand.
- Place the leg on the same side of the weight about 2-3 shoe lengths backwards. This is your B (staggered) stance.
- Initiate the movement by pushing hips backwards and slightly bending the knees, lowering the weight across the body towards the opposite foot.



- Return to the top and stand tall by pushing the hips back to the starting position and extending the knees simultaneously.



The Barbell Deadlift

- This movement starts from the ground, which is different than the previous two movements.
- The setup begins by placing the middle of your foot (the shoelaces) directly underneath the barbell. From there bend down and grab the bar with a (double overhand) shoulder width grip. This should be right outside of the legs.
- Once there, bring shins to the barbell, which will lower your hips into the correct starting position and flatten your back. (left picture)



- Take a breath to brace your core and tighten your lats to keep the bar close to your body as you push the floor away with your legs. Focus on hips and shoulders rising at the same rate.
- Once at full extension of hips and knees at the top, return back to the ground by hinging at hips first until bar clears knees, then bend knees to lower weight back to starting position.



Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 846-5141 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

