Title: Barbell Deadlifts

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs, Calves, Forearms, Glutes &amp; Hip Flexors, Hamstrings, Quadriceps, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Place a barbell in a clear space on the floor. (Make sure there are no obstructions in your way.</li>

<li>Stand facing the barbell with your legs about 4-6 inches from the bar.</li>

<li>Place your feet shoulder width apart.Your feet can be pointed straight ahead or turned outwards slightly.</li>

<li>Squat down, keeping your back straight and grip the bar with an overhand grip at shoulder width.</li>

<li>Keep your arms fully extended and stand up with the barbell.</li>

<li>As you lift the barbell, your hips and shoulders should rise together and your back should be straight.</li>

<li>As you reach the top of the lift and are standing straight, rotate your shoulders back slightly until you feel a slight stretch in them.</li>

<li>Lower the barbell back to the floor in the same squatting motion you used to lift it.</li>

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