Title: Stiff Legged Barbell Deadlifts

Primary Muscle Groups: Hamstrings

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Lower Back

Summary: <ol>

<li>Place a barbell on the floor and stand facing it with your feet shoulder width apart, toes pointing forward and your knees slightly bent. This is the start position.</li>

<li>As you exhale, bend at the waist keeping your back straight and knees slightly bent until you feel tension in your hamstrings.</li>

<li>Grasp the barbell with an overhand grip. Your arms should be fully extended with your hands spaced shoulder width apart.</li>

<li>Lift the barbell by extending your hips and waist in a smooth action until you have returned to the upright position, inhaling as you do so.</li>

<li>Pause for a count of 1-2.</li>

<li>Return the barbell to the floor or just above it by repeating step two.</li>

<li>Repeat.</li>

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