

# HOW TO PERFORM A CONVENTIONAL DEADLIFT

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## INTRODUCTION

The conventional deadlift is a weight training exercise that involves lifting an object off the ground to hip level. The deadlift is used to build muscle strength while also maintaining hip functionality. This compound exercise is considered one of the top five powerlifting movements within the fitness industry due to its involvement of several muscle groups, such as the legs, core, back, and shoulders. For this beginner's tutorial, we will discuss the proper technique for the conventional deadlift using a barbell. Proper technique or form during weight lifting is important to ensure maximum muscle involvement. Proper technique also helps avoid any unnecessary injuries or risks.

## SAFETY TIPS

Spinal injuries are the most common injuries associated with the conventional deadlift. Fortunately, these injuries are easily avoidable with proper preparation and execution.

- Stretching before a weight lifting session helps engage and prepare your muscles for strenuous activities.
- Ensuring a correct stance for your deadlift helps balance the weight, preventing weight from being unevenly distributed along your spine.
- Keeping the barbell close to your body throughout the movement helps maintain your stance during your lift.

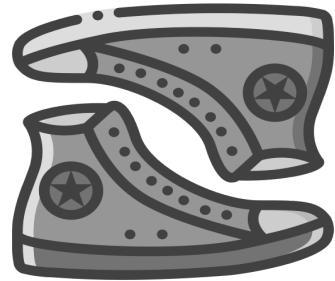
## GLOSSARY

Concentric	Shortening the muscle by lifting the weight off the ground
Eccentric	Lengthening the muscle by lowering the weight toward the ground
Lockout	All applicable joints involved in a weight lifting movement are extended
Compound Exercise	Any movement that involves more than one muscle group simultaneously

## EQUIPMENT

In this beginner's tutorial, supplies needed are:

- Flat or wedged-shaped shoes.** Flat surfaced shoes allow for better foot stability and floor grip which helps maintain balance during weight lifting sessions. If you do not have a pair of flat surfaced shoes, you can lift barefoot.
- Barbell.** You can either use a fixed barbell with the weight already attached or you can use an olympic style barbell and load the weight manually.



## OPTIONAL EQUIPMENT

Many advanced lifters prefer to use additional equipment when deadlifting.

These items are not required, but may help improve overall performance.

- Lifting or wrist straps.** Lifting straps assist in your grip strength by wrapping around your palm and the bar.
- Lifting Belt.** A lifting belt can improve your balance during a lift by keeping your spine in a neutral position.



Performing a conventional deadlift incorrectly could result in muscle strains, ruptured tendons, and/or torn calluses. Attempt at your own risk.



## INSTRUCTIONS

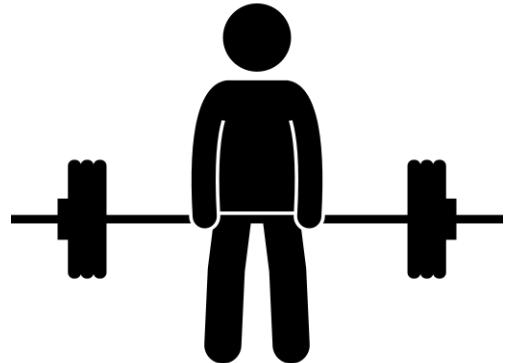
### 1. Set Up: Position Your Stance

- 1.1. Place your feet hip-width apart under the barbell about one inch away from your shins.
- 1.2. Place a firm grip on the barbell by extending your arms straight down from your shoulders. Your grip should be no wider than the outside of your legs.
- 1.3. Bend your knees until your shins touch the bar.
- 1.4. Lift your chest until your shoulders vertically align with the bar while keeping your back in a neutral, flat position. A neutral spine is important for preventing back injuries. Your eyes should be looking straight ahead.
- 1.5. Add tension by pulling up on the bar without lifting the barbell off the ground. This is called pulling the slack out of the bar.



## 1. Ascent: The Concentric Phase

- 1.1. Push your bodyweight through the floor as you lift the barbell using your legs.
- 1.2. Finish the movement by pushing your hips forward.
- 1.3. Lockout the movement by holding the weight at the top with straight posture.



## 2. Decent: The Eccentric Phase

- 2.1. Hinge your hips back, maintaining a flat back, as you lower the barbell.
- 2.2. When the barbell reaches your knees, continue lowering down the barbell using your legs.
- 2.3. Keep the barbell close to your body as you lower the barbell back into starting position.



## CONCLUSION

The conventional deadlift is a great compound exercise that allows for better muscle strength and development while also engaging in hip functionality. However, done incorrectly could lead to life sustaining injuries. To prevent injuries, remember to stretch your muscles beforehand and pay close attention to your stance during both the set up, concentric, and eccentric phases of the movement. Done correctly, you will feel the deadlift activating your hamstrings and glutes, as well as your back. Thank you for reading this beginner's tutorial about the proper technique for performing a conventional deadlift. Now go lift some weights!



## REFERENCES

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