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CSE 300  
User Instructions Assignment

## **How to Deadlift**

### **Required Materials**

- 1 barbell
- 1 set of bumper plates
- 1 pair of flat-soled shoes

### **The Setup**

1. Put on the pair of flat-soled shoes.
2. Place a 10 lb. bumper plate on each side of the barbell.
3. Identify your midfoot. This is the point on your foot such that if a horizontal line were drawn through it, it would divide your foot in half.
4. Walk up to the barbell aligning it with your midfoot.
5. Point your feet out approximately 15 degrees.
6. Bend over at the hips to grab the bar. Try to minimize how much you bend at the knees.
7. Attempt to arch your back to bring it into a neutral position.
8. Bring your knees forward until your shins touch the bar.
9. Once again focus on arching your back with the intention of bringing it into a neutral position.
10. This is the starting position of your deadlift.

### **The Lift**

1. Take a deep breath and tense your core as if someone were about to punch you in the stomach.
2. Pushing through your heels, begin the lift the bar off the floor.
3. Think about pulling the bar back into you instead of up.

4. Once the bar has passed your knees focus on pushing your hips forward while tensing your glutes.
5. The lift is complete once you are standing erect with the bar.

## **Returning the Bar to the Ground**

1. Returning the bar to the ground is essentially the reverse of what was done to lift it.
2. Bend at the hips until the bar has cleared the knees.
3. Once the bar has passed the knees, bend your knees until the bar has reached the ground.
4. The lift is now complete.

## **Common Errors**

1. The most common error is rounding the back at the start of the lift.
  - Stretching the hamstrings can help this issue.
  - Additionally the issue may also just be that the weight is too heavy.
  - Recording your deadlifts from the side can show you if you are committing this error.
  - This is one of the most important thing to fix as it can lead to lower back injuries if not resolved.
2. Another common error is the bar not touching your shins on the way up.
  - Actively think about pulling the bar against you as you lift it. This may hurt and leave scrapes on your shins so wearing long socks is advised.
  - The bar may be starting ahead of your midfoot, verify that you are beginning with it over your midfoot.
3. Often people will overextend at the top of the lift to the point where they arch their back too much.
  - At the top of the lift squeeze your glutes as hard as possible. If you tense your glutes hard enough, it is not possible to overextend your back.
  - Overextension can also lead to a back injury so it is important to resolve.

**Disclaimer**

- Consult a physician before beginning any new exercise regimen.