

Barbell Romanian Deadlift (RDL)

Exercise Objective: Develop strength in the hamstrings, gluteals, and torso stabilizers

Start Position

1. Grasp the bar with a pronated grip slightly wider than shoulder-width
2. Stand in an erect position with feet shoulder-width apart, toes pointed straight ahead, and knees slightly flexed
3. Arms should be fully extended with elbows pointed out, and the bar resting against the thighs
4. Keep chest high by pulling shoulder blades together
5. Engage the core to maintain a straight back

Procedure

1. Slowly push hips backward, let the bar slide down the thighs, and transfer weight onto the heels
2. Maintain a flat back and continue descent until the bar reaches the top of the knees
3. Extend hips forward (by pulling with hamstrings), contract gluteals, and transfer weight back to the center of the feet to return to an erect position

Coaching Points

1. Maintain the starting back, chest, and knee positions throughout the entire range of motion
2. Keep the shoulder blades pulled together throughout the entire lift
3. The bar should remain in contact with the legs throughout the entire lift