

## PROPER DEADLIFT FORM

### Conventional

- Bar should be lined up 1 to 2 inches from your shins (depending on flexibility)
- Feet should be about shoulder width apart
- Arms should be on the outside of your legs
- Chest up lower back arched tightly
- Grip the bar one hand over and the other under
- Shoulder joint should be even or behind the bar
- Tense the bar up and push legs apart
- Hips should rise the same time as the bar
- Pull hips through and stand tall

### Sumo

- Stance should be wider than shoulder width
- Bar should be touching shins, feet should be turned out (depending on flexibility)
- Arms should be on the inside of your legs
- Spread the floor with your feet
- Chest up lower back arched tightly
- Grip the bar one hand over and the other under
- Shoulder joint should be even or behind the bar
- Tense bar up and push legs apart
- Hips should rise the same time as the bar
- Pull hips through and stand tall