

# Deadlift

## Sumo Deadlift

- Center yourself on the bar, feet should be wider than shoulder width apart. Your shins should be one to two inches away from the bar.
- Start with good posture and began the descent by hinging your hips back bending your knees and squatting down to the bar.
- Grip the bar one hand over(dominant hand), one hand under(non dominant).
- In the bottom position you should maintain the normal curvature of lumbar spine and your chin should be tucked back to maintain the normal curvature of your cervical spine.
- When looking at the lifter from the side in the bottom position the shoulder joint should be even or behind the bar. This will put your body weight slightly back.
- Before picking up the bar pull the slack out of the bar and tense your hips (push your knees slightly apart). This will keep you from initiating the movement with your lower back.
- Pull the bar of the floor and work hard to maintain your posture. The bar and your hips should raise at the same time.
- Once the bar clears your knees the bar should stay in contact with your thighs.
- Finish the lift by squeezing your glutes, pulling your hips to the bar and locking out your knees.
- Do not pull with your arms at the top and do not lean back or hyperextend your back to finish the lift. Stand tall with good posture.