

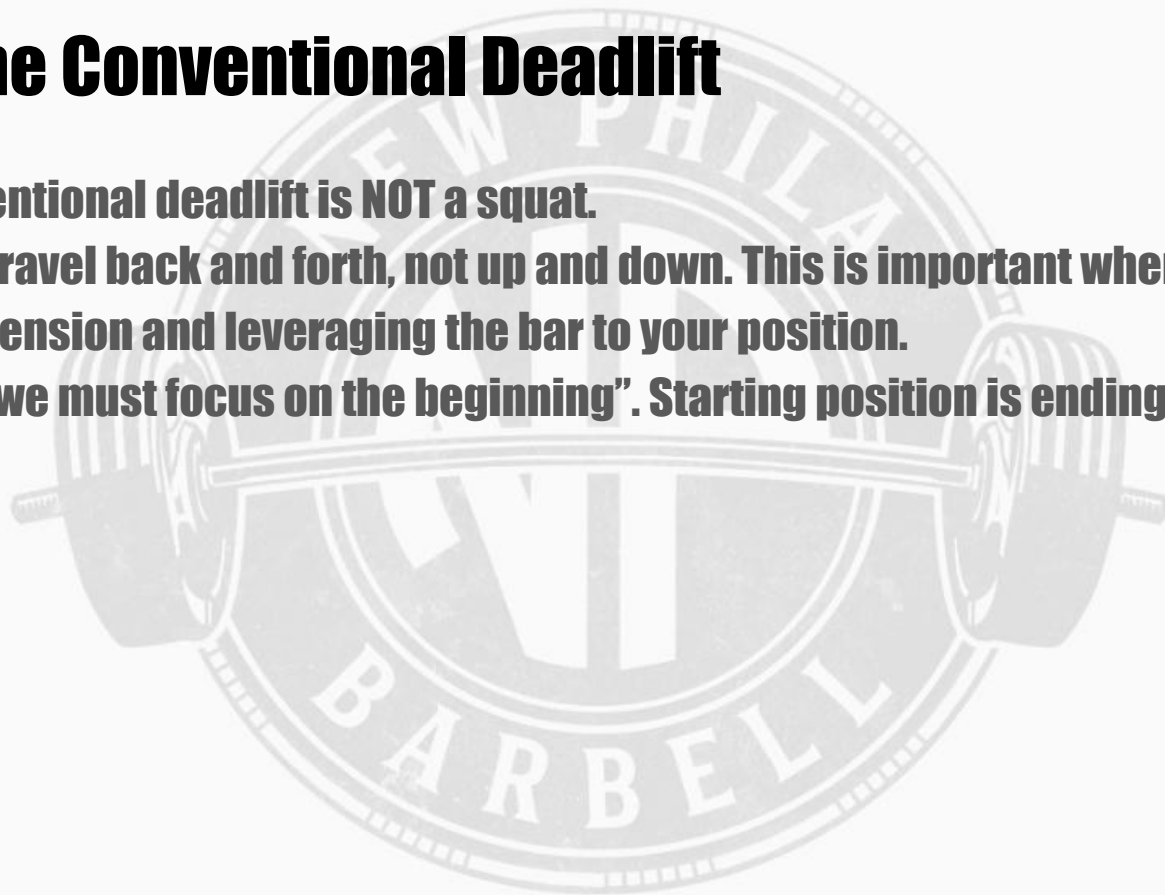


# **Deadlift Seminar**

**Presented by Cruz Fondriest and Eian Birtcher**

# Intro to the Conventional Deadlift

- **The conventional deadlift is NOT a squat.**
- **The hips travel back and forth, not up and down. This is important when it comes to creating tension and leveraging the bar to your position.**
- **To finish, we must focus on the beginning”. Starting position is ending position**

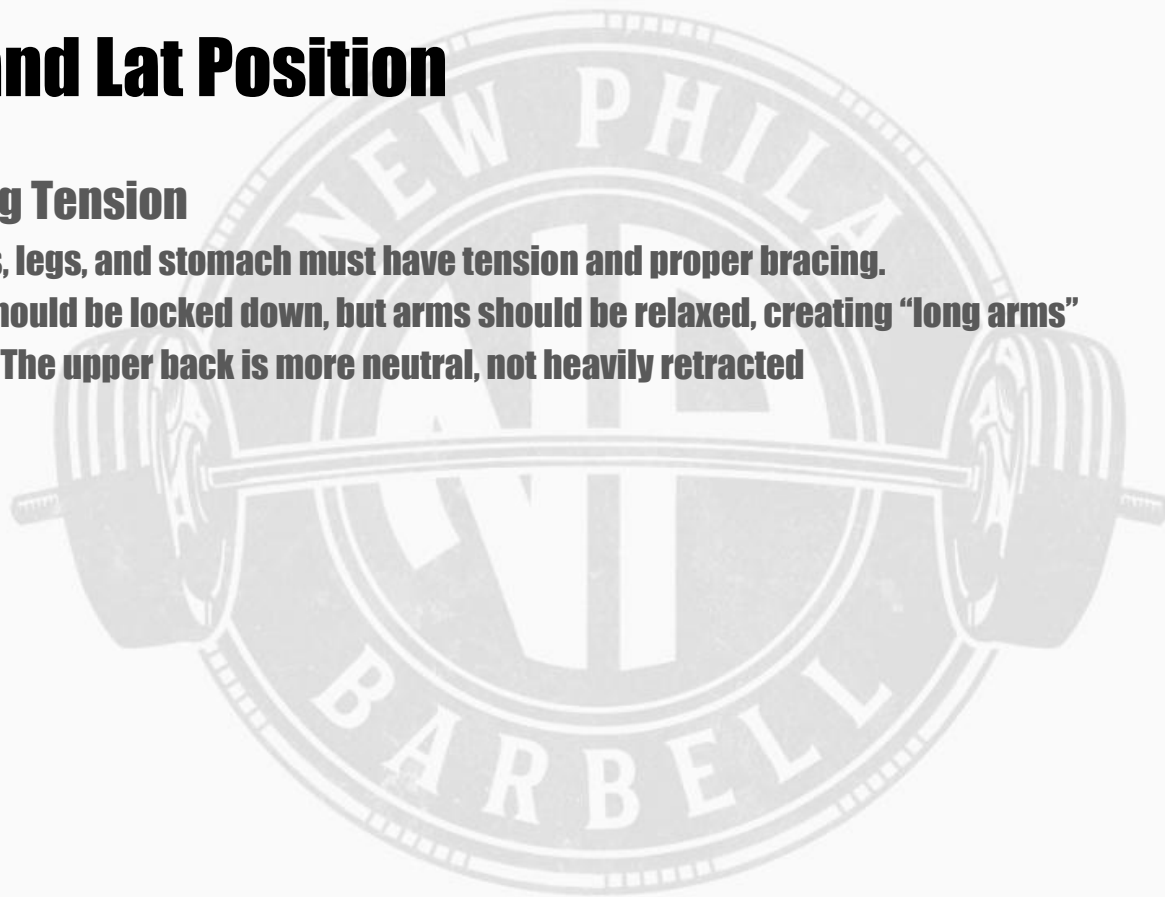


# Finding Foot Positioning

- **Foot width**
  - **Will vary slightly based on your own build and leverages**
    - **Method 1- Squeeze your glutes, and adjust your feet until you find the point where you can feel the tightest contraction in the glutes**
    - **For a beginner level lifter who cannot properly contract the glutes, the jump method will be used. Jump as high as possible, and where you land is your position.**
- **Position in Relationship to the Bar**
  - **Position the bar over the mid-foot, then adjust from there based on leverages**

# Bracing and Lat Position

- **Rethinking Tension**
  - **Glutes, legs, and stomach must have tension and proper bracing.**
  - **Lats should be locked down, but arms should be relaxed, creating “long arms”**
    - **The upper back is more neutral, not heavily retracted**



# Pulling Slack and Applying Tension to the Bar

- **The bar must bend to you, not the other way around. We must mold the bar to our position**
  - **Pull the slack out of the bar, and wedge your hips into the space that was just created, this creates tension and hip lift**
  - **This is the hardest part of the lift to teach and feel, but the application is crucial to creating optimal starting position, leading to the ultimate finishing position**



# The Deadlift

- **Once starting position is achieved, we drive away from the floor, the “leg press” portion of the pull**
- **Once we reach close to the knee, its my famous final last words for every lifter “quads and glutes”. This creates a snappy finish and the most explosive lockout. Knee extension and hip extension simultaneously creates the most efficient finish**

# Weak Points and Supplemental Movements

- **Before a true weakness can be identified, technique must be efficient**
  - **Weak off the floor means lack of quad drive and bracing**
    - **Main supplemental movement | issue is the front squat, as it address both issues, working the quads and forcing you to brace harder.**
    - **Additional quad work**
  - **Weak above the knees/lockout is typically lack of glute and upper back strength**
    - **Barbell rows (strict and cheater) to develop back strength and rigidity**
    - **Low back extension (focusing on squeezing the glutes)**
    - **Romanian Deadlifts**

# **Conclusion of Conventional Deadlift**

**The deadlift does not mimic the squat. On the squat, hips wedge between the knees. On the deadlift the hips wedge high and into the bar.**

**Just remember: Back and forth, not up and down**





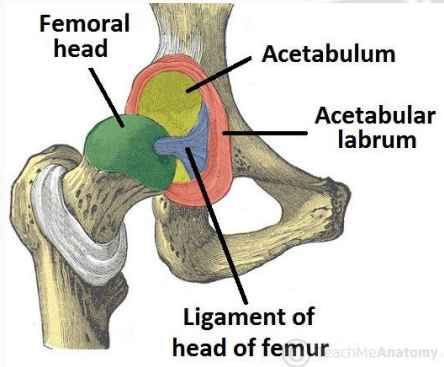
# Intro to the Sumo Deadlift

- **NOT a wide stance conventional**
- **Set Up**
- **Pulling Slack/Anchoring**
- **Weaknesses- How to overcome them**



# NOT a Wide Stance Conventional Pull

- A key difference in from the conventional deadlift is the external rotation of the hip.
- The hip is a ball and socket joint, allowing it move in nearly any direction.



- By externally rotating the hips, the movement is less of a hinging movement, allowing your hips to be closer to the bar, and your torso to be in a more upright position.

# Sumo Deadlift Setup

- **Find your foot placement, typically for a beginner this will be closer until you strengthen your hips. Use the rings on the bar as a guide to have consistent foot placement**
- **Once your feet are in place, DROP to grab the bar, a large benefit of sumo is reducing range of motion so we want to sending the hips back.**
- **After grabbing the bar, it is time to get the rest of the body in position, we want to pull slack from the bar, and put that tension in to our body**
- **At the end of the setup, we are looking for the shoulders to be in line with the bar, ready to pull**

# Pulling Slack/Anchoring- Creating Tension

- **Pulling slack out of the bar allows us to load the muscles before starting the pull. We want to build tension, not just be “tight”**
- **As with the conventional deadlift, we want to wedge our hips in the space we just created by pulling slack from the bar**
  - **We want to find the positioning that allows us to have our shoulders, elbows, knees, and ankles all in line before the pull starts**
- **The sumo deadlift allows you to have a more upright torso, which will require more thoracic extension, and for the lats to be forced down**
  - **Proud Chest/Long Arms**

# The Deadlift

- **Once starting position is achieved, we drive away from the floor, and to almost try to spread the floor as we pull, keeping our hips underneath us**
- **BE PATIENT, sumo is going to be slower off the floor than conventional**
- **As with the conventional, we still want to finish with quads and glutes. This cue also helps us finish in a straight up and down lockout position. A common thing to see in beginner deadlifters is over extension of the hips, leading to soft knees.**

# Weak Points and Supplemental Movements

- **Before a true weakness can be identified, technique must be efficient**
  - **Weak off the floor typically means weak hips causing you to lose position**
    - **The main way I fix this is first with lighter volume, hips are typically undertrained (or not trained at all)**
    - **Single Leg Work- Split Squats, Single Leg RDLs, this will require more demand from abductors and adductors for stabilization**
    - **Band Adductor contractions and pull throughs**
  - **Weak above the knees/lockout is typically lack upper back strength and weak/poor bracing**
    - **Sumo Chair Deadlift- Learn thoracic extension, and strengthen lats in the bracing position**
    - **Lat Pull down- with proper intention- scapular depression**
    - **Upper Back/Shrugs**

# Questions?

- **After questions we will head to the bar and start breaking down form/mechanics**

