

# DUMBBELL STIFFLEG DEADLIFTS



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1. Stand tall while holding a pair of dumbbells with one in each hand held down at arm's length right at your front, with the palms of your hands facing the front of your thighs. Place your feet about at hips width apart and keep your head facing forward. This will be your starting position.
2. Slowly start moving your hips backwards while simultaneously leaning forward with your torso by bending at the hips/waist, and while keeping your back straight and your knees partially locked as you bring the weights down and closer to your feet. Keep your chin held slightly up with your head facing forward to force your spine to stay straight while performing this movement. Now keep on bending forward as you move your hips backwards as if you're about to pick something from the floor, while stretching your hamstrings and glutes muscles for as far as they can go.
3. Once your hamstrings & glutes muscles have been fully stretched, start bringing your torso back up to it's starting position by pushing your hips/waist forward until your torso returns back up to a full-standing position.
4. Repeat this motion for the recommended amount of repetitions.

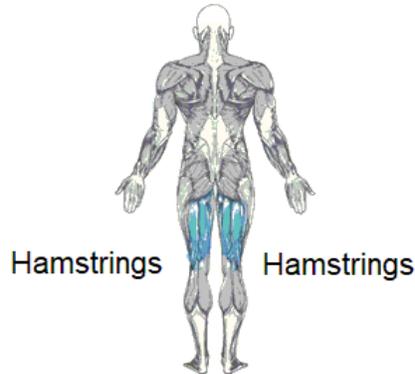
**CAUTION:** NEVER use a heavy stacked barbell when performing this exercise to avoid getting any lower back, hips, hamstrings and/or knees injury. STOP immediately if you felt any sharp lower back and/or hamstrings pain. Make sure to always maintain a straight & upright torso while leaning forward to focus most of the tension on your hamstrings and glutes muscles instead of putting pressure on your lower back. It is normal for you to also feel your calves muscles getting stretched while leaning forward due to the nature of the movement.

## ALTERNATIVE EXERCISES:

[Seated Leg Curls](#) / [Lying Leg Curls](#) / [Barbell Stiffleg Deadlifts](#) / [Seated Leg Press \(Hamstrings\)](#)

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## PRIMARY MUSCLES

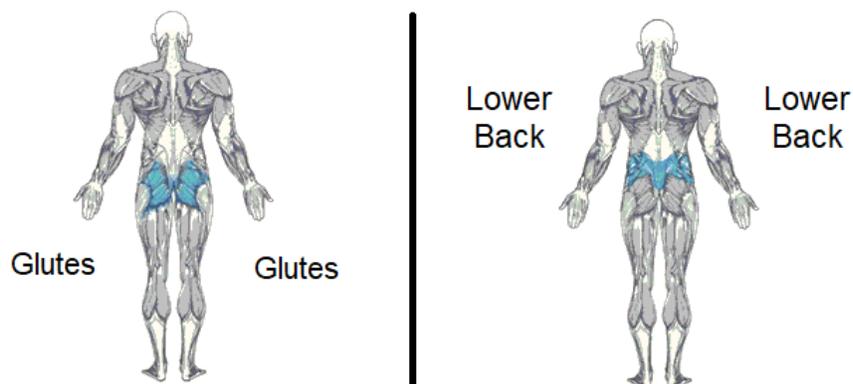


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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