

# BARBELL DEADLIFTS



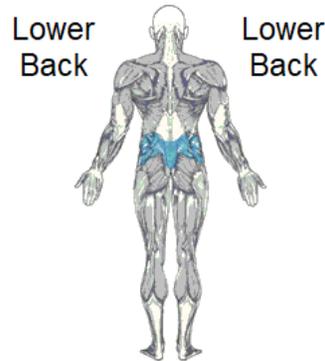
1. Approach a **Straight Barbell** that is positioned right in front of your feet which are placed at hips width apart. Bend your torso at the hip/waist to grab the **Straight Barbell** in an overhand (shoulder width apart) grip, with the palms of your hands facing forward. Make sure to keep your arms fully extended, and your knees slightly bent and not locked while grabbing the bar. This will be your starting position.
2. While keeping a firm grip on the **Straight Barbell**, use your lower back muscles to lift the weight off the ground by pushing forward with your hip/waist until the bar surpasses your knee level. Go up with the weight until you've reached a full standing position while your posture is kept upright & straight. Your arms should remain fully extended and your elbows should remain locked at all times. Do NOT arch your back at any point throughout the entire movement.
3. Hold this contracted position for a second then slowly return the bar back down to it's starting position just a few inches away from the ground, and not all the way back on the ground, while keeping your lower back muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy set pair barbell when performing this exercise to avoid getting any back, shoulders, hips, knees and/or wrists injury. A proper weighted bar that is not too heavy should have you mostly engage your lower back muscles -as it should- instead of having you risk getting a back injury. Pick a lighter barbell if you ever felt that your lower back muscles are not being fully engaged as they should, and STOP immediately if you felt any discomfort or experienced any sharp pain anywhere across your spine or lower back while performing this exercise. It is also normal for you to feel a slight burn in your forearms due to the effort being done to hold onto the bar the entire time while performing this exercise.

**ALTERNATIVE EXERCISES:** [Seated Cable Back Extensions](#) / [Weighted Hyperextensions](#) / [Dumbbell Deadlifts](#)

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## PRIMARY MUSCLE

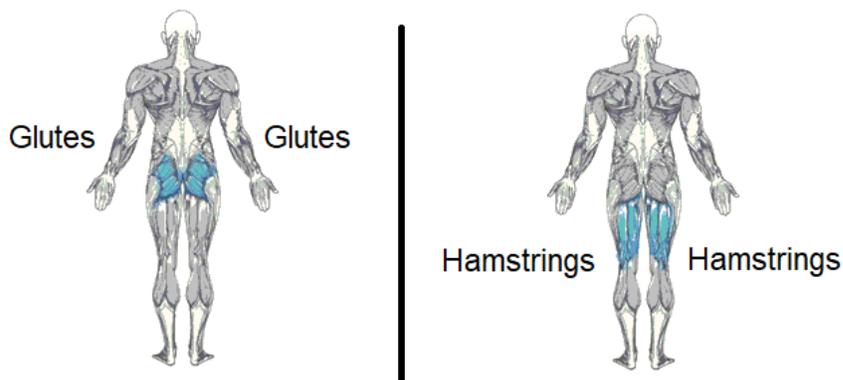


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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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