

PROPER DUMBBELL DEADLIFTS



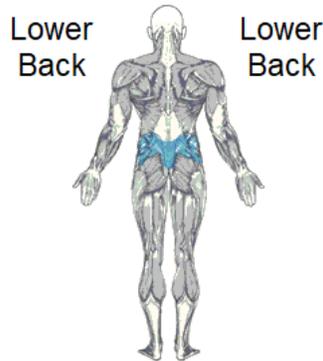
1. Approach a pair of **Dumbbells** that are positioned right in front of your feet which are placed at hips width apart. Bend your torso at the hip/waist and grab the pair of **Dumbbells** in an overhand grip, with the palms of your hands facing forward, and your hands slightly titled outwards. Make sure to keep your arms fully extended, and your knees slightly bent and not locked while grabbing the weights. This will be your starting position.
2. While keeping a firm grip on the **Dumbbells**, use your lower back muscles to lift the weights off the ground by pushing forward with your hip/waist until the weights surpasses your knee level. Go up with the weights 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 weights back down to their 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 of dumbbells when performing this exercise to avoid getting any back, shoulders, hips, knees and/or wrists injury. A proper weighted set of dumbbells that are 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 set of dumbbells 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 weights the entire time while performing this exercise.

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

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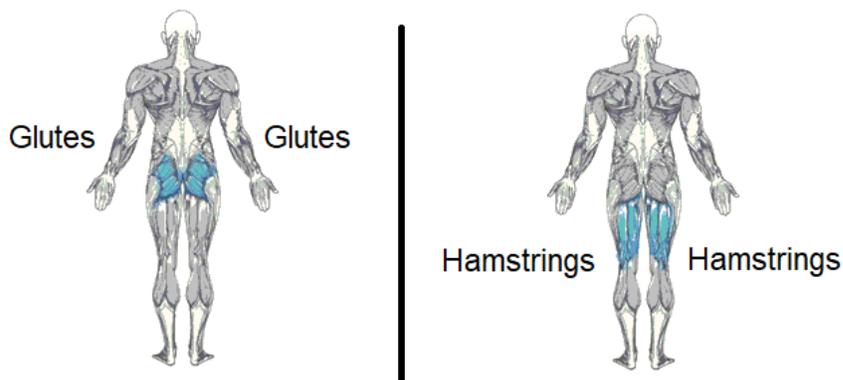
PRIMARY MUSCLE



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.

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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