

Deadlift Instruction!

Hey team! First, thanks for taking the time to download this PDF. Also, watch the video and then refer back to the PDF and then watch the video again. If you have any questions, feel free to message me or post in the Facebook group.

Setting up:

- Taking your hands and putting your thumbs together like you are making the “U” for the University of Miami (Go ‘Canes), place your hands in between your knees. That is an ideal distance for your knees to be apart when performing this type of deadlift.
- Pushing your hips back and maintaining a long and neutral spine, bend the knees and your upper body comes forward. It is important to note that your knees do not come in front of the ankle and that it is your hips that are doing the action.

The Deadlift:

- Once in the position, engage your upper back to make sure that your shoulders do not fall forward, keeping the core tight, go ahead and lift the dumbbell off of the floor and squeeze your glutes at the top of the movement FOR DAT BOOTY.
- To return the dumbbell back to the floor, send the hips back, slight bend in the knees while keeping the legs perpendicular to the floor, and maintaining a long and neutral spine.

If you need help or would like tips or critiques, let me know and post on the Facebook group and I will be happy to help you out! If you master this skill and want to progress to a barbell or a kettlebell, let me know and I will be happy to instruct you to the next step!

I wish you all nothing but success!

#JOINTHEKINGDOM