

How to Conventional Deadlift

- 1.) Step up to the bar with your feet directly under your hips (vertical jump stance). Make sure the bar is directly above your first shoe lace. Grab the ground with your foot (three points of contact ball of the big toe, ball of the pinky toe, and your heel).
- 2.) Keeping your knees straight reach down and grab the bar (double over hand or mixed grip) right outside your shins. Without moving the bar push your shins into the bar.
- 3.) Take a big breathe into your stomach, and ribcage to completely inflate your thorax. Expand your chest, which will draw your shoulder blades down and back. This will take out the slack out of the bar.
- 4.) Drop your hips slightly to make a straight line from your mid foot, through the bar, and finally through the middle point of your shoulder blade.
- 5.) Maintaining the tension from the floor to your head drive your feet into the floor emphasizing through the heel. Make sure your chest, and hips are rising together. Squeeze your glute throughout the entire movement. Exhale at the top.

How to Sumo Deadlift

1. Step up to the bar and find your foot placement. Your first shoe lace should be directly under the bar. Foot placement is based off of your hip mobility (groin muscles). The tighter you are the closer your stance. You want to find a distance where your shins can maintain a vertical angle and you're comfortable. Once you find your stance angle your feet towards the weights or at a 45 degree angle maintaining vertical shins.
2. After finding your stance, take a large breathe into your stomach and ribcage filling your entire thorax with air. Shift your weight towards the outside of your heel, and grip the ground with your foot tripod (ball of the big toe, ball of the pinky toe, and the heel). This will engage your foot and glute, and build a mind to muscle connection between them. This ensures maximal force production.
3. Bending at your waist and keeping your knees straight grab the bar directly below your shoulders (with a double overhand or mixed grip). Your chest should be over the bar, once you have a strong grip shift your weight back to the lateral portion of your heel maintaining the tripod in the ground and push your hips forward towards the bar. This will engage your foot and glute together and force your knees to track out.
4. Take the slack out the bar by expanding your chest and pulling your shoulder blades down and back. Drive your lateral heel and foot into ground while squeezing your glutes. Make sure to maintain tension in your ribcage by closing off your throat and attempting to force the air out. This will create pressure in your thorax. Your chest shoulders and hips should rise together. Breathe out at the top.