

## DEADLIFT



- Start with feet shoulder width apart and back straight.
- Keeping the back straight and the knees slightly bent, bend at the hips lowering the dumbbells towards the floor.
- The back must remain straight and lower until you feel a pull into the back of the legs.
- Push the hips backward without bending the knee any further to feel a deeper pull in the back of the legs.
- Focus on keeping the head straight and back straight throughout.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps