

**EXERCISE**

# Conventional Dead Lift

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is the conventional deadlift. It's a lower body exercise primarily, although it works every aspect of the body, primarily focusing on glutes and hamstrings.

Once the client is in position, you're going to ask them to step forward underneath the bar, and as they look down, they should start to see the tops of their shoelaces. From here, we're going to ask the client to push their hips and their bum back, sliding their hands down their knees and thighs until they reach the bar. From here, they want a nice flat back, so head's looking just out in front of them, and we want them to imagine that they've got lemons in their armpits, and they're going to gently squeeze down into that position. This keeps their upper back nice and tight. Once they're here, they drive their feet into the floor as they accelerate the bar up and into the hips. And then they think about shaving the legs as they come down. Reverse the movement, hips leading back slow and controlled, touching the bar gently to the floor, keeping the upper back nice and tight throughout.

So as you're moving through this, you might want to change your body position so that you can better coach and see all aspects of the body. So from front to back, side by side.

Excellent. Two more. And last one, drive into the feet and smooth and controlled. Coming back to the floor.

Okay. And relax for me.

Okay.

# Main Muscles Involved

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- Glutes
- Hamstrings
- Core muscles
- Back muscles
- Trapezius muscles

