

**EXERCISE**

# Suitcase Deadlift

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 called a Suitcase Deadlift. It's a lower body exercise primarily that works the whole body, focusing on hamstrings and glutes and of course the muscles that are supporting the side that the weight is on.

From this position, you're going to ask your client to set their feet to about hip width. From there, they're going to focus as if the weight was central to their body. Obviously, it's not. It's to one side, so like in a normal deadlift, we're then going to ask them to push their hips and their bum back into a hinged position, sliding their hands down and as they approach the bottom of the movement, reaching out to the side to grab onto the handle. Once they're there, then setting the upper back, pulling the shoulder slightly down, and then from here, aggressively drive into the floor. As you stand up tall, pausing at the top and then a smooth return back to the floor and the start.

It's important to make sure that you move your body position so that you can give yourself a better coaching view. It's important to note that the client maintains as much position through the centre line as they can.

So here Dom's just slightly off centre - we just want to make sure that we're into the middle here. Same again as you come down.

We're trying to make sure that mostly, the client stays the same all the way throughout. Obviously that weight is trying to pull you off centre but we're trying to stay nice and strong as best as we can.

Just a few more for me, Dom - looking really good - really accelerate through the floor on this one as we come up.

Once the client has completed their number of repetitions on one side, once they return to the floor, they'll simply do the same on the other side.

Give it a go.

# Main Muscles Involved

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- Hamstrings
- Quadriceps
- Latissimus dorsi
- Glutes
- Core muscles
- Spinal erectors

