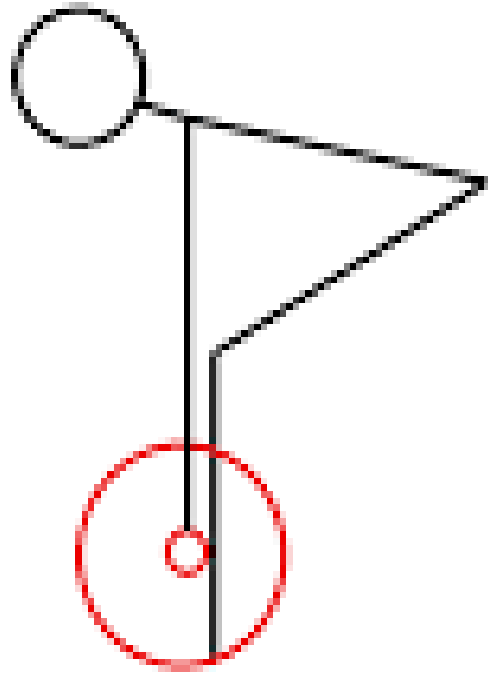


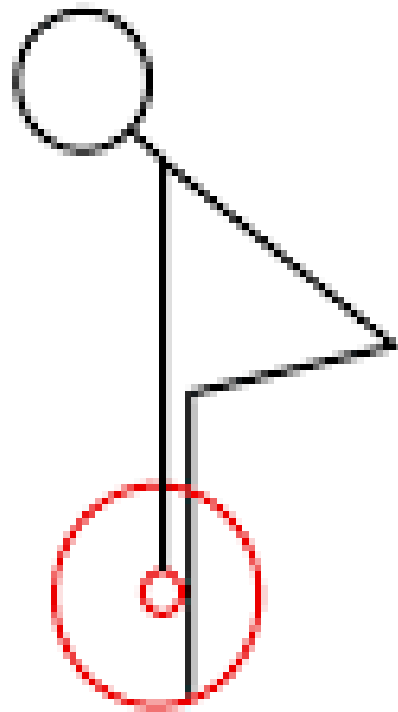




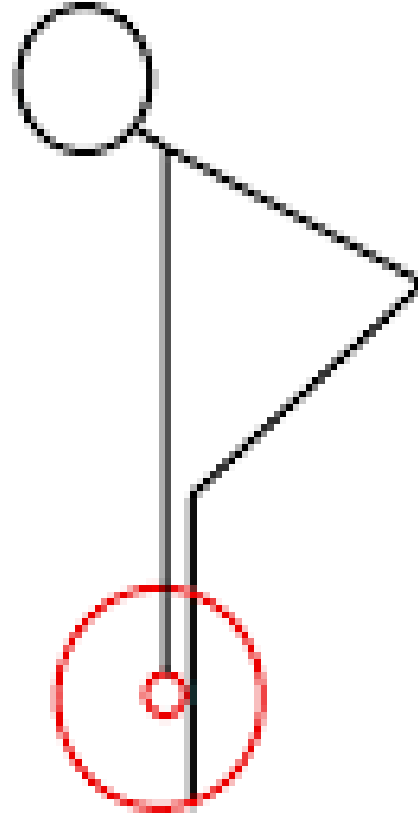
**Short Torso, Short Arms**



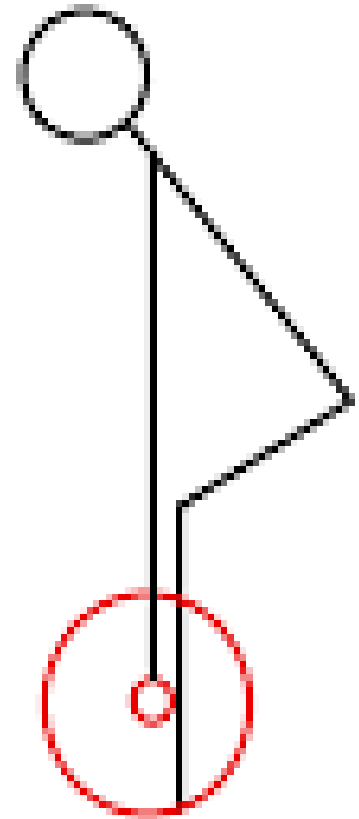
**Long Torso, Short Arms**



**Short Torso, Long Arms**



**Long Torso, Long Arms**





# DEADLIFT

## Anthropometrics



“There was a negative relationship between arm length and lift time ( $\rho = -0.83$ ), which meant longer arms resulted in a lower High Handle Hexagonal Bar lift time. Arm length may have influenced women more because of the fixed dimensions of the hexagonal bar. Coaches should be cognizant of potential differences in Conventional Deadlift and High Handle Hexagonal Bar work when performed by individuals of different body sizes.”

## **MOVEMENT QUALIFIER**

BIRDDOG

HIP HINGE WITH DOWEL

## **ABOVE THE KNEE**

### **LOW RISK & HIGH REWARD**

HIP HINGE WITH KB

HIP HINGE WITH IMPLEMENT

## **BELOW THE KNEE**

### **HIGHER RISK & HIGH REWARD**

DEADLIFT – TRAPBAR

DEADLIFT – SUMO AND CONVENTIONAL

# 10 Takeaways

1. **3 things to look for when assessing the hip hinge**
2. **If they squat the hinge have them kneel**
3. **2 x mobility techniques – foot and long axis traction**
4. **Stability – Use the Birddog to engineer out spine motion. Hips NOT spine.**
5. **Make sure to “GROOVE THE PATTERN” – online module.**
6. **Use KB Hip Hinge to teach the hinge and reduce low back shear.**
7. **Start with above the knee progressions for low risk & high reward.**
8. **The height of the implement is arbitrary.**
9. **Trap / Hex bar is the best option for strength, power and velocity.**
10. **Ben tells the best jokes**

# SET UP CHECKLIST – DEADLIFT

## #1 FEET

**Cue:** FEET

**Action:** “Push feet into ground”

**Observation:** Centre of pressure on foot is maintained – foot tripod

### **Drill to Improve the Skill:**

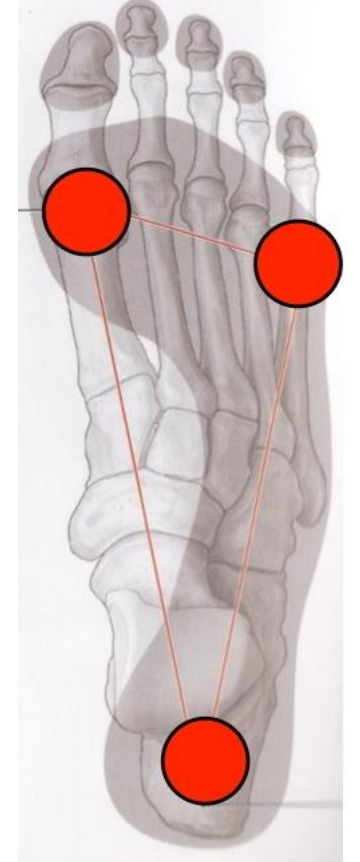
Put something under the forefoot and pull if you see the toes lifting off the ground. This indicates the client has their weight on the heels.



# THE FOOT TRIPOD

## What is the foot tripod?

- The tripod refers to the triangle made by the base of the big toe (1<sup>st</sup> metatarsal phalangeal joint), the base of the little toe (The 5<sup>th</sup> metatarsal phalangeal joint), and the heel (calcaneus)
- The structure is so named because of it's similarity to a Camera tripod.



**When the foot is in contact with the ground the most amount of pressure should be within the three points of the foot tripod**

# SET UP CHECKLIST – DEADLIFT

## #2 HIPS

**Cue:** HIPS

**Action:** “Hips open and tension maintained during hinge to bar”

**Observation:** Natural curve of the spine and tension are maintained

**Drill to Improve the Skill:**

Hands on hips (glutes) as they open when you hinge to the bar to create tension

# SET UP CHECKLIST – DEADLIFT

## #3 GRIP

**Cue:** GRIP

**Action:** “Centered on the bar”

**Observation:** Centered on the bar

### **Drill to Improve the Skill:**

Handshake irradiation (Sherrington’s Law) to improve muscle tension and recruitment of nearby muscles to magnify strength.

# SET UP CHECKLIST – DEADLIFT

## #4 LATS

**Cue:** LATS

**Action:** “Reverse shrug to tension lats”

**Observation:** Tension in the lats which can present as a wrinkle in the shirt

**Drill to Improve the Skill:**

Band on bar. Coach pulls on band to try and pull bar or kettlebell away from the body. The client has to tension the lats to resist.

# SET UP CHECKLIST – DEADLIFT

## #5 EYES

**Cue:** EYES

**Action:** “Oriented to the horizon by looking through eyebrows”

**Observation:** Eyes on the horizon

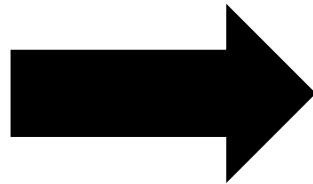
**Drill to Improve the Skill:**

Coach stands in front and holds up fingers. Client has to call out the number of fingers.

# DEADLIFT

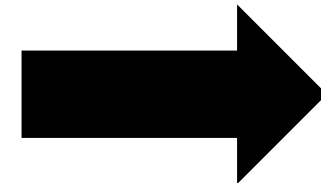
## SET UP CHECKLIST

FEET  
HIPS  
GRIP  
LATS  
EYES



FINAL COUNTDOWN 3-2-1

CREATE TENSION:  
AIR SIP + LAT  
SLACK OUT OF THE BAR



LIFTOFF