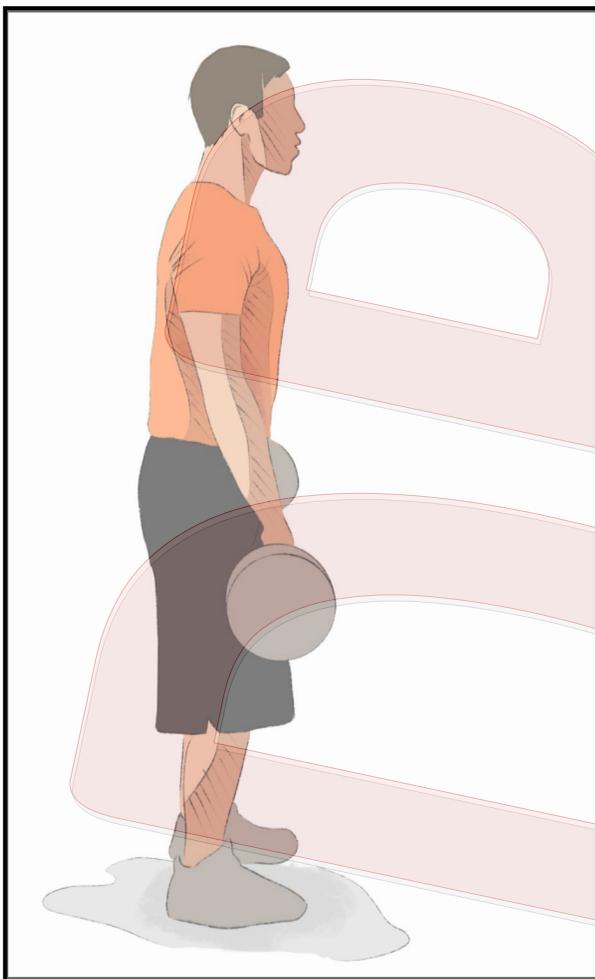


Exercise Spotlight

Deadlift [Barbell]

Muscles Worked	- Hamstrings, Glutes, Erector Spinae, Transverse Abdominis
Benefits	- Strengthen the lower body, the muscles along the back, and lengthen the hamstrings - Practice hinging at the hip and improve posture
Precautions	- Think about keeping the shoulders drawn back and down, hips and spine in a neutral position, abdominals braced, and maintain only a slight bend at the knees throughout the exercise
Instructions	- Grasp a barbell with an overhand grip, hands shoulder-width apart, feet hip-width apart, knees slightly bent, and the toes pointed forward - Inhale as you bend at the hip and let your chest fall forward, dropping as low as you comfortably can while focusing on pushing the hips back, maintaining a strong back, and keeping the barbell close to your body - Exhale as you pull through your glutes and hamstrings to return to start position, making sure to squeeze your glutes and abdominals as hard as you can to finish your movement - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

