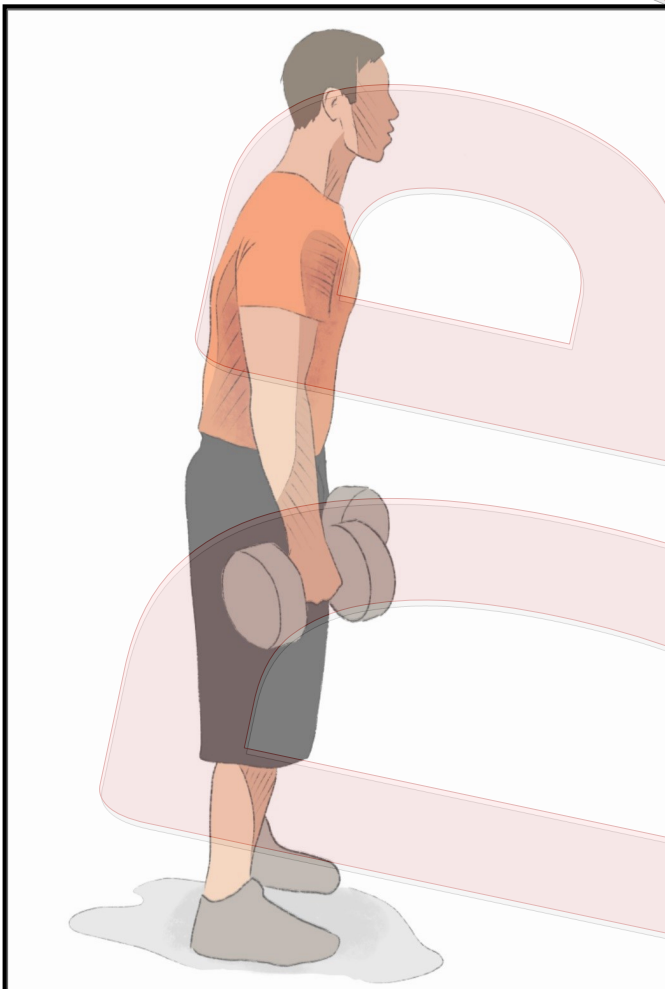


Exercise Spotlight

Deadlift [Dumbbells]

Muscles Worked	- Hamstrings, Glutes, Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none">- Strengthen the lower body, the muscles along the back, and lengthen the hamstrings as you execute a fundamental hip hinging pattern- Improve full body posture and accelerate fat loss by practicing an exercise that requires a large amount of muscle activation
Precautions	- Hold strong posture with the shoulders drawn back and down, hips in a neutral position, abdominals braced, and maintain only a slight bend at the knees throughout the exercise
Instructions	<ul style="list-style-type: none">- Hold a pair of dumbbells at your sides with a neutral grip, set your feet hip-width apart, point the toes forward, and look straight ahead- Inhale as you bend at the hip and let your chest fall forward, dropping as low as you comfortably can while focusing on maintaining a flat back- Exhale as you pull through your glutes and hamstrings to return to start position, making a concerted effort to squeeze your glutes and abdominals as hard as you can to finish your movement- Repeat for a desired number of sets and repetitions

Start and Finish



Mid Point

