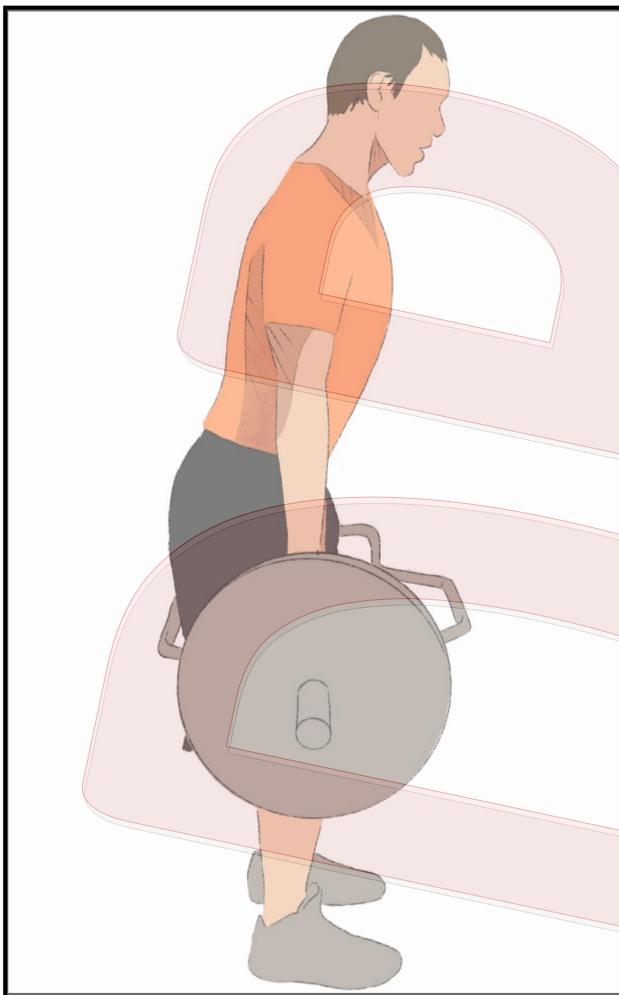


Exercise Spotlight

Deadlift [Trap Bar]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Erector Spinae, Transverse Abdominis
Benefits	- Strengthen the lower body and back - Improve athletic performance, posture, and pulling power
Precautions	- Ensure that the entire length of the spine stays in a straight and neutral position, particularly the low back, and that the head remains in line with the spine throughout the movement
Instructions	- Grasp the trap bar with a neutral grip, feet about hip-width apart, toes pointed forward, and bring the trap bar up to starting position - Set your posture and then, with an inhale, push the hips back, bend the knees, and sink as low as you comfortably can, fighting to keep your chest up and spine straight - Pause a moment at the bottom, remaining tense, before exhaling as you push through your glutes and quadriceps to return to start position - Repeat for desired number of repetitions

Start and Finish



Mid Point

