

Barbell Deadlift

Conventional floor-start technique



Left to right: start, near the knees, standing tall. See page 2 for the steps.

Muscles worked

Main muscles

- Gluteus maximus: extends the hips.
- Quadriceps: extend the knees, contributing to the floor lift.
- Hamstrings: assist hip extension.

Spinal erectors and abdominal muscles brace the trunk; the back should not repeatedly bend and straighten to lift the bar.

What makes it useful

A whole-body lift from the floor using hip and knee extension, combined with trunk and grip support. Pause and reset on the floor between repetitions.

Before you start

Practise the hip hinge, then use a light load you can control. Secure plates with collars on a level floor and clear the surrounding area.

Supporting muscles

- Lats and trapezius: help steady the bar and shoulder region.
- Forearm muscles: maintain the grip.

Movement & technique

Use a light load. Move with control.

1

Set up close to the bar

Set feet around hip width, bar over midfoot. Hinge and bend knees to bring shins close. Grip outside your legs with a closed double-overhand grip. Brace with a neutral spine and neck.

2

Push the floor away

Keep shoulders over or slightly ahead of the bar and arms long. Build tension without jerking. Press through whole feet and extend hips and knees together, keeping the bar close. Do not let hips shoot up first.

3

Stand tall

Continue extending hips and knees, finishing tall as the bar clears your knees. Hold the bar in front of your thighs. Do not curl it or lean backward.

4

Return to the floor

Move hips back, keeping the bar near your legs. Bend knees as the bar clears them. Set both plates down under control. Let the bar settle, breathe, and reset.

Form reminders

- Maintain a steady grip and wrists; keep elbows straight.
- Reduce load if the bar drifts forward, your back rounds, or momentum takes over.
- Let your gaze follow a neutral neck; avoid looking sharply upward or arching your lower back.
- For light practice, avoid prolonged breath holding; reset breathing between repetitions.

Finish safely

Release your grip only after the bar rests fully on the floor. Stop for pain or dizziness. If the floor setup cannot be maintained comfortably, have a qualified coach adjust your starting position or load.

References

1. Barbell Deadlift - Exercise Library
3. Squats and Deadlifts Guide

2. デッドリフト - エクササイズテクニック
4. The ACE Do It Better Series: The Deadlift