

Skill

The Deadlift

Visual Description: Lift bar off of floor. Sinking hips and keeping head and chest up, grip bar slightly outside of legs. Hips and shoulders should raise up together as the bar is lifted. Keeping bar tight to front of legs, keep feet flat and shoot hips forward once bar has been lifted over knees. Stand tall, chest out, upper back squeezed and lockout hips to complete.

Movement Sequence:

1. Bend down and grip bar, overhand or alternate
2. Sink hips and keep chest and head up
3. Hips and shoulders move up simultaneously
4. Keep bar tight to legs and feet flat to maintain balance
5. Lift bar above knee level then shoot hips forward
6. Keeping core tight move bar up until body is fully extended
7. Stand tall, chest out, and lockout hips to complete
8. Descend under control with head up while bending knees

Verbal Cues:

Grip*
Head and Chest up*
Hips and shoulders*
Balance
Shoot Hips*
Core Tight
Lockout*
Control down

Task Complexity Variables:

Skill: Discrete - Serial

Learner: Beginner - Intermediate

Environment: Closed

Student	Grip	Head & Chest Up	Hips & Shoulders	Shoot Hips	Lockout