
Benefits of the Straight Bar Deadlift

- Posterior chain development
 - Grip development
 - Total body movement/Central Nervous System (CNS) stimulation = **OVERALL STRENGTH and GROWTH!**
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Limitations

- Grip strength can limit how much weight can be handled compared with the rest of the body
 - Some time to get used to body posture
 - Bar scrapes the shin – uncomfortable for some
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Teaching Progression

- Very similar to starting position in power clean
 - Stance – feet hip width, toes straight ahead to slightly out, weight on heels
 - Grip – over/under, bar touching shins
 - Shoulders – behind the bar
 - Back – flat!
 - Head – back, eyes up
 - Pull – activate the glute's first, and lead with the head and shoulders to the ceiling, stand with hips into the bar
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Differences in Starting Position between Deadlift and Power Clean



**Deadlift-shoulders behind the bar,
hips slightly lower**



**Power Clean-shoulders over the bar,
hips slightly higher**

Start/Finish of Deadlift



Most Common Problems

Getting pulled forward	Shoulders over bar/head and eyes down/too much weight
Loosing arch in back	Shoulders over bar/head and eyes down/too much weight
Hips rising before Shoulders	Shoulders over bar/head and eyes down/too much weight
Unable to hold weight	Check grip strength/is over-under grip being used?/too much weight