



Women Who Lift Weights

Top 10 Deadlift Tips



BY COACH ROBERT KING



Coach Rob here, owner of WWLW, and I'm excited to share my Women Who Lift Weights Top 10 Deadlift Tips.

With years of coaching experience, I've seen firsthand how mastering the deadlift can transform your strength and confidence in the gym. Whether you're looking to perfect your form, lift heavier, or simply move more safely, learning the fundamentals of the deadlift is key.

This guide is designed to help you make informed improvements to your deadlift technique. It breaks down the top tips, explains why they're important, and gives you practical cues to use in your workouts.

Whether you're new to lifting or a seasoned pro, these tips will support your journey toward becoming stronger, more powerful, and more confident in your lifts.

I'm here to support your strength journey, so if these tips help you or if you have any questions, feel free to reach out! Drop a comment on my posts or videos—I'd love to hear from you!

Connect with me on Instagram [@CoachRobertKing](https://www.instagram.com/coachrobertking)

Coach Rob



#1 - Approach The Barbell With Confidence



Confidence is key when deadlifting. Before stepping up to the bar, take a moment to mentally prepare and visualize a successful lift. Stand tall, focus, and believe in your strength. Whether you're warming up or attempting a personal best, approach with purpose and determination. Preparation and mindset are everything. Trust your training, know your form, and execute with conviction. Confidence doesn't just help you lift—it ensures every rep is safe and strong.

Tip: Use a pre-lift ritual to boost focus. Build a ritual/set up that works for you.



#2 - A Strong Set Up = A Strong Deadlift



A strong Deadlift starts with a solid setup. Position your feet shoulder-width apart, with the barbell directly over the middle of your feet. Approach the bar so that it's close enough to almost touch your shins.

Grip the bar just outside your knees, making sure your hands are evenly spaced. Your back should be flat, with your chest lifted and your shoulders slightly in front of the bar.

Engage your lats, and feel the tension in your hamstrings and glutes. This tight setup puts your body in the ideal position to pull safely and efficiently.

Tip: Treat your “Set Up” like it’s your first rep because that’s how important it is.



#3 - Learn To Correctly Hip Hinge



The Hip Hinge is the foundation of a proper deadlift. To start, push your hips back while keeping your back flat and chest lifted.

This movement should come from your hips, not your knees. Imagine closing a door behind you with your glutes, feeling the stretch in your hamstrings as you hinge.

Avoid squatting down to the bar—focus on hinging to lower your torso. The hip hinge allows you to engage your posterior chain effectively, which powers your lift and protects your lower back.

Tip: Practice the hip hinge with a dowel or broomstick along your spine. Keeping it in contact with your head, back, and hips will ensure proper form.



#4 Learn To Correctly Breathe & Brace



Before you lift, focus on your breath to create stability. Inhale deeply through your nose, expanding your abdomen rather than your chest.

This diaphragmatic breathing fills your lungs and prepares your core. Proper breathing and bracing enhance your overall strength and efficiency while lifting.

By creating tension throughout your body, you ensure that energy flows smoothly from your legs to the bar, reducing the risk of injury and maximizing your lifting potential.

Tip: As you prepare to lift, create a 360-degree brace by tightening your entire core as if you're about to take a punch.



#5 - Create Full Body Tension “Get Tight”



Before you lift, create tension throughout your entire body. Think of your body as a coiled spring, ready to explode with power. Grip the bar tightly, pull your shoulders back, and engage your lats.

Brace your core as if you're preparing for a punch, locking everything in place to protect your spine. By engaging your entire body, you'll lift more efficiently and reduce the risk of injury.

Full body tension ensures that energy is transferred smoothly from the floor through your legs and up to the bar.

Tip: Turn your whole body to stone. Learn to create “Full Body Tension”.



#6 Get Your Grip & Grip Tight



Your grip is vital for a successful deadlift. The three main grips are double overhand, mixed grip, and hook grip.

Double Overhand Grip: Both palms face you, ideal for beginners to develop grip strength, but may limit max weight.

Mixed Grip: One palm faces you, the other away. It allows for heavier lifts but can create imbalances and increase bicep injury risk.

Hook Grip: Wrap your thumb around the bar, pinching it with your fingers. This provides excellent control and is favored by many advanced lifters.

Tip: Use chalk to enhance your grip by reducing sweat and increasing friction. If grip strength is a concern, straps can help you lift heavier, but avoid over-relying on them to maintain grip development.



#7 Push The Floor & Pull The Bar



The deadlift is as much a push as it is a pull. As you set up, think of pushing the floor away from you. This action engages your legs and generates upward force.

Simultaneously, you're pulling the bar toward you. By focusing on these dual forces—pushing and pulling—you create a more efficient lift. Engage your legs and back together for a powerful, cohesive movement.

This mindset not only helps with lifting heavier weights but also promotes better form. Remember, a successful deadlift relies on both pushing through the floor and pulling the bar up, maximizing your strength and stability.

Tip: “Get Tight” & learn to push away the floor & then pull on the bar. You want to do both a push & pull with the Deadlift.



#8 Finish With A Strong Lockout



The lockout is the final phase of the deadlift, where you fully extend your hips and knees. It's crucial for completing the lift successfully and safely.

To achieve a strong lockout, focus on driving your hips forward as you reach the top. Imagine squeezing your glutes tightly at the end of the lift. This not only helps secure the weight but also protects your lower back.

Maintain a neutral spine and keep your shoulders back to ensure proper alignment. Avoid leaning too far back, which can strain your lower back.

Tip: Practicing lockout-specific drills can help build strength in this phase, making it easier to finish your lifts confidently. Remember, a powerful lockout is key to mastering the deadlift and achieving your lifting goals.



#9 Reverse Engineer The Descent



Lowering the bar is as crucial as lifting it. Reverse engineer your descent by starting with the final position: hips back and spine neutral.

Begin by hinging at the hips, pushing them back while maintaining core tension. This keeps the bar close and controlled. Bend your knees only after your hips have moved back.

This sequence utilizes your posterior chain effectively and prepares you for the next lift. A controlled descent improves technique and reduces injury risk.

Remember, mastering the descent is key to building strength and confidence in your deadlift.

Tip: How you lower the bar is just as important as you pick it up. Don't neglect this in the Deadlift.



#10 Lift With Perfect Form & Technique



Perfect form is crucial for maximizing strength and minimizing injury risk. Start with your setup: feet shoulder-width apart, bar close to your shins, and back flat.

As you lift, maintain a neutral spine and engage your core. Keep your shoulders over the bar and your lats tight. Drive through your heels, pushing the floor away while pulling the bar toward you. Focus on your movement pattern.

Avoid rounding your back or overextending at the top; finish with fully extended hips and shoulders back.

**Tip: The Deadlift can hurt you more than any other lift.
Always respect the barbell & lift with perfect form & technique**





Top 10 Deadlift Tips Summary

- 1. APPROACH THE BARBELL WITH CONFIDENCE**
- 2. A STRONG DEADLIFT = A SET UP**
- 3. LEARN TO CORRECTLY HIP HINGE**
- 4. LEARN TO CORRECTLY BREATH & BRACE**
- 5. CREATE FULL BODY TENSION – GET TIGHT**
- 6. GET YOUR GRIP & GRIP TIGHT**
- 7. PUSH THE FLOOR & PULL THE BAR**
- 8. FINISH WITH A STRONG LOCKOUT**
- 9. REVERSE ENGINEER THE DESCENT**
- 10. LIFT WITH PERFECT FORM & TECHNIQUE**

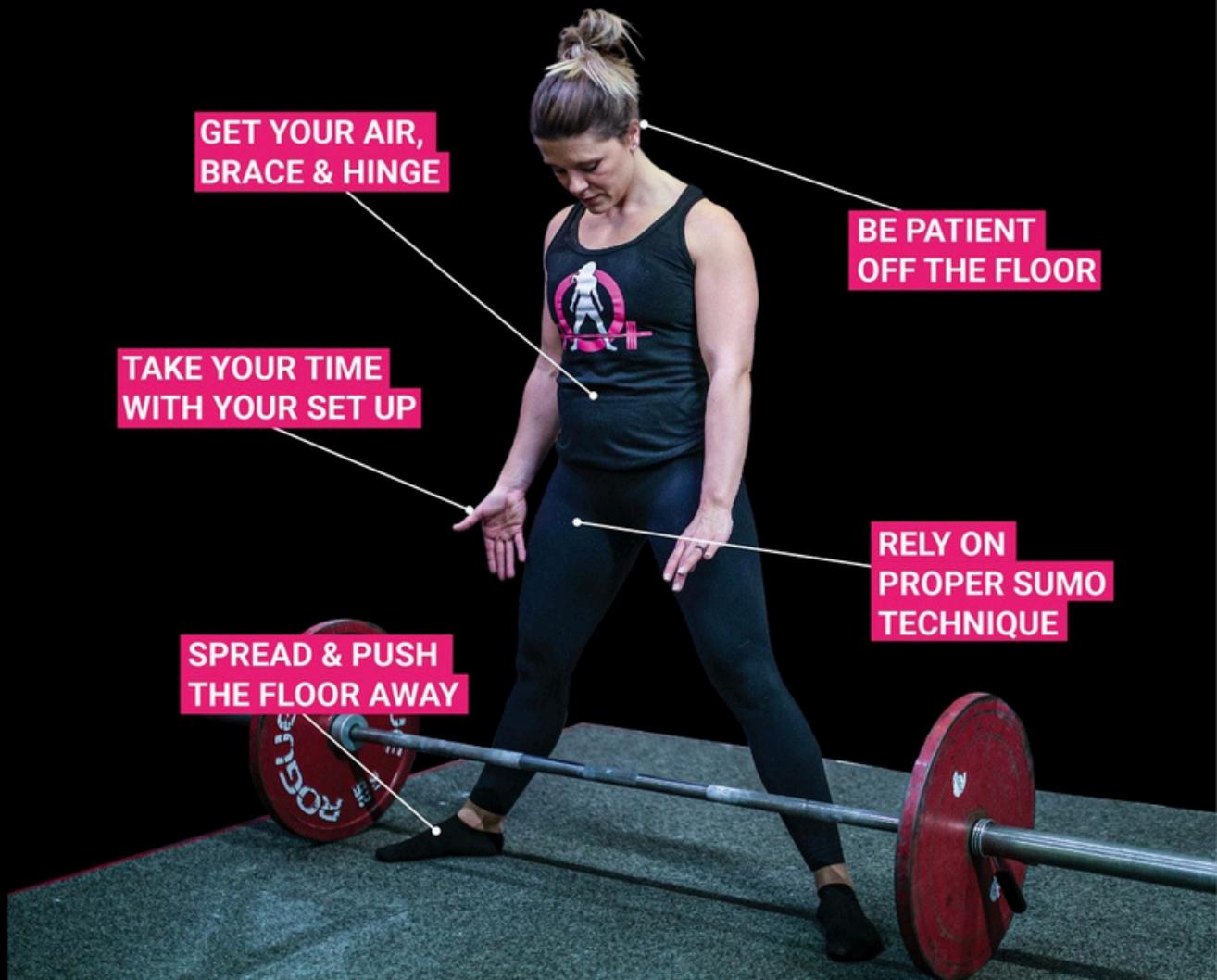




Sumo Deadlift



BARBELL DEADLIFT SUMO DEADLIFT





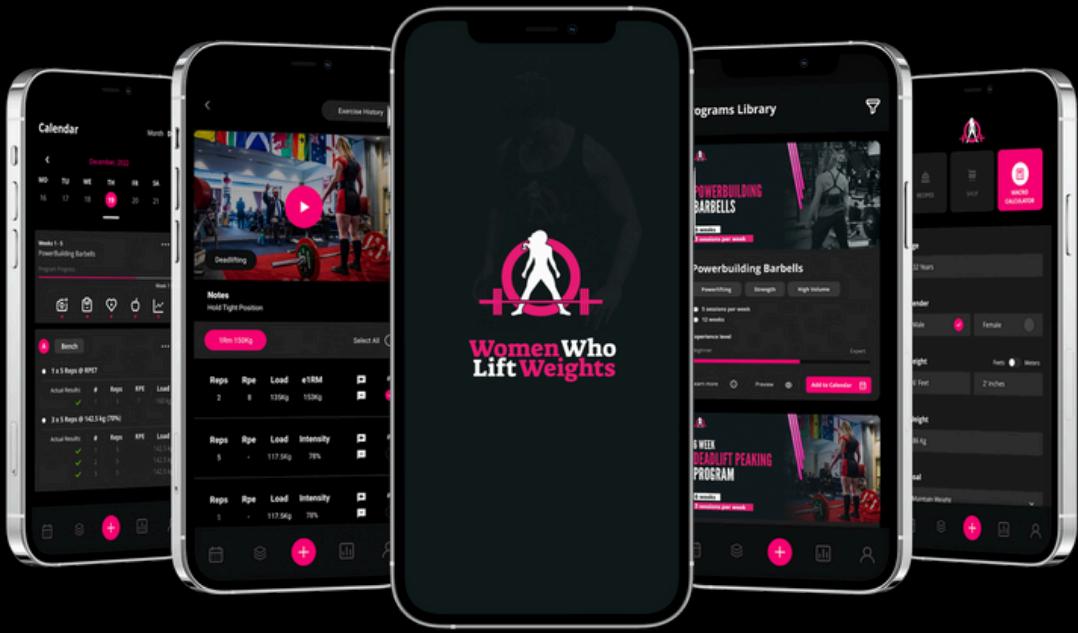
Conventional Deadlift



BARBELL DEADLIFT CONVENTIONAL



Check Out Our WWLW App!



WWLW App Benefits:

Over 50+ Programs
Detailed Demo Videos
Incredible Tracking Metrics
Easy To Use
Detailed Nutrition Area
Macro Tracker & Macro Calculator
Access to Coach Rob
Support Group
& More!

You can get started and try our WWLW App at

NO CHARGE!

www.WWLW.app



Check Out Our WWLW Coaching



WWLW Coaching Benefits:

**Work with Coach Rob 1 on 1
Custom Program Design
Video Technique Review**

**PowerLifting & Strength Training Coaching
Custom Programming & Coaching Perfect
For You**

www.WWLWCoaching.com



WWLW App

Deadlift Programs

6 Week PowerLifting Platform Ready Program



3x per week



4 weeks



with Coach Rob

PowerLifting Competition - 6 Week Meet Peaking - Barbell Only

PowerLifting Meet Prep

Competitio... Barbell

Barbell Only Barbell

Competition

- 4 Sessions per week
- 6 Weeks

Experience level

Beginner  Expert

6 Week Deadlift Peaking Program



3x per week



6 weeks



6 Week Deadlift Peaking Program For Women (% Based)

Linear Peri... Barbell

PowerLifting Deadlift

% Based Linear Peri...

- 3 Sessions per week
- 6 Weeks

Experience level

Beginner  Expert

Beginner PowerLifting Program



3x per week



4 weeks



with Coach Rob



Introductory PowerLifting Program

PowerLifting BeginnerPo...

Barbell

- 3 Sessions per week
- 4 Weeks

Experience level

Beginner  Expert

Power Building BARBELLS



3x per week



6 weeks



PowerBuilding for Women - 6 Weeks - 3 Sessions a Week - Barbell Only

PowerBuild... HyperTrophv

Barbell

- 3 Sessions per week
- 6 Weeks

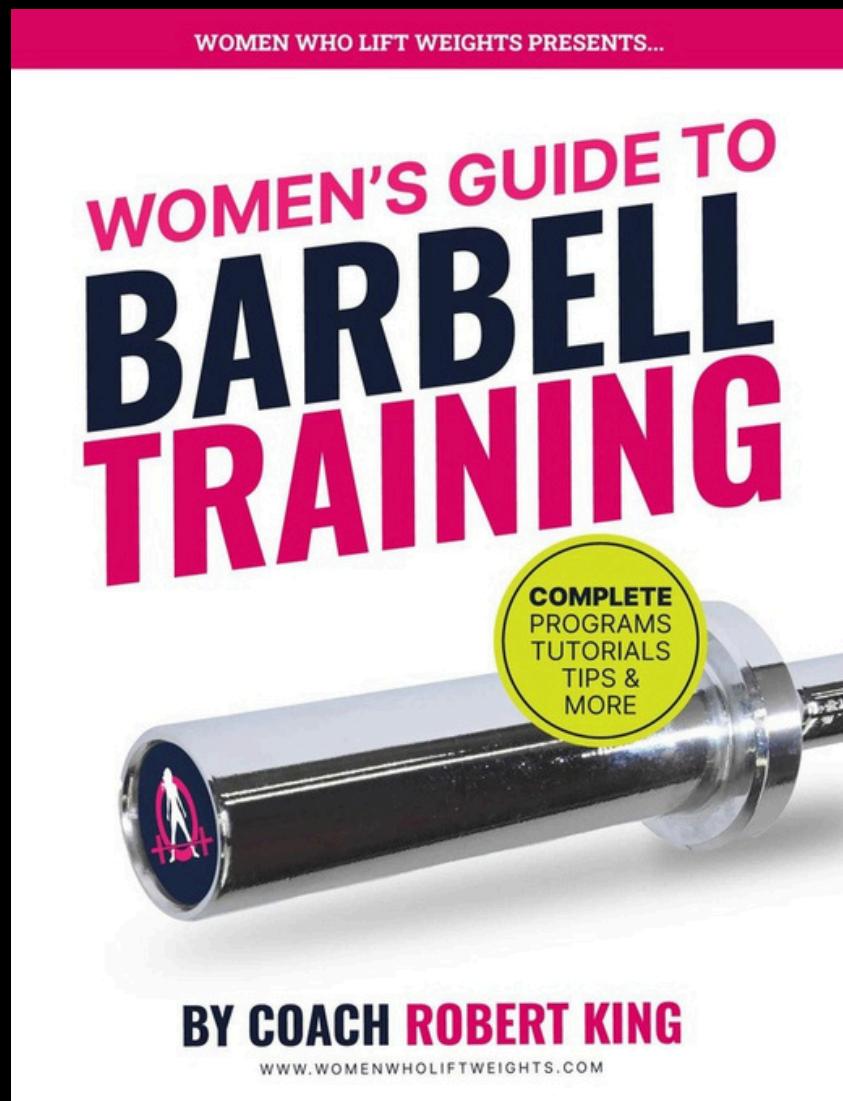
Experience level

Beginner  Expert

www.WWLW.app



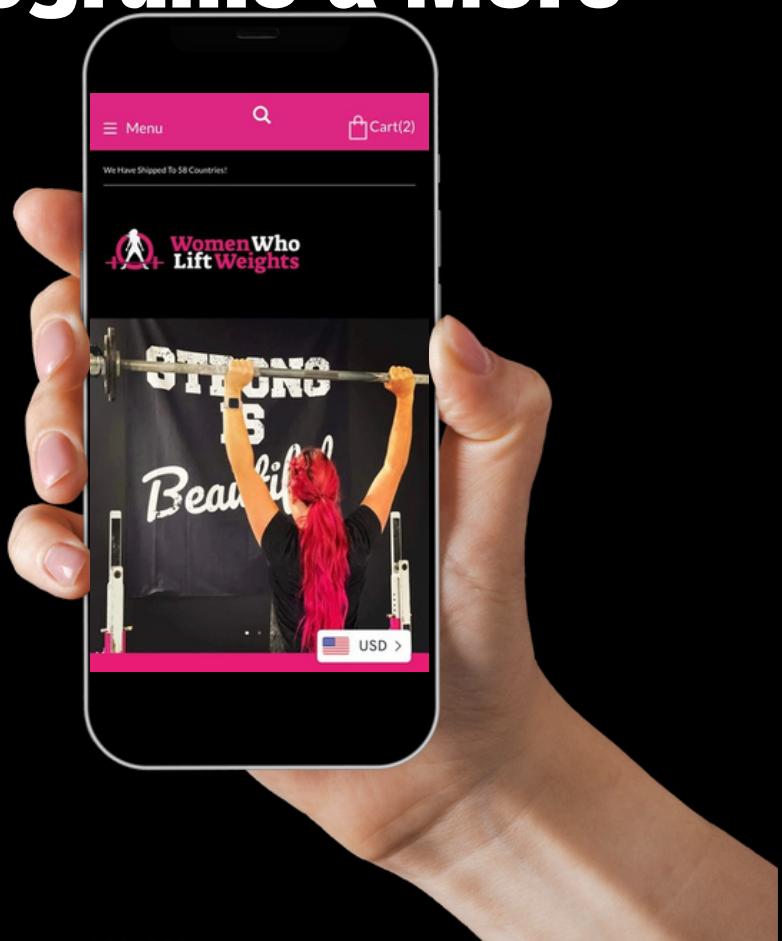
Check Out Our WWLW Books & Ebooks



**Learn About:
Barbell Training
Programs
& Much More**
www.WWLW.store



Check Out Our **WWLW STORE!** Clothing, Merch, Programs & More



USE PROMO CODE = **WWLW15
TO **SAVE 15%**!**

Click Here => [Direct Promo Code Link](#)



About Coach Rob



Coach Rob is an IPF World Champion Powerlifter, 9-time Worlds Medalist, Commonwealth Deadlift Record holder, and a 5-time Team Canada Powerlifting Coach.

With decades of experience, he specializes in helping lifters perfect their form, build strength, and achieve their goals safely.

As the founder of Women Who Lift Weights and Heavy Weights Barbell Club, Coach Rob has guided countless athletes, from beginners to elite powerlifters, focusing on proper technique and long-term success.

His mission is to provide expert guidance, ensuring every lifter can reach their full potential.

Connect with Coach Rob on Instagram



