

10 DEADLIFT TIPS

FOR WOMEN

- *IMPROVE TECHNIQUE*
- *LIFT HEAVIER WEIGHTS*
- *BUILD LEAN MUSCLE*
- *INJURY PREVENTION*



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Lets Talk Deadlifts

Thank you for downloading this and I look forward to sharing with you 10 tips to help you have a stronger and safer deadlift.

The deadlift is one of the most basic and primary strength lifts you can do. All you need is a barbell and some plates and you are ready to deadlift.

However the biggest issue is that most women when doing a deadlift do it incorrectly. As much as the deadlift is the best strength exercise it is also the exercise that causes the most injuries. When done improperly the deadlift can do damage.

I know these 10 tips will help you achieve a stronger and safer deadlift.

Read, implement and practice them and let me know if I can help you with anything.

Coach Rob



Tip 1: The Set Up

One of the most important things you can do with your deadlift is spend time working and improving your set up.

A good set up makes a good lift.

The deadlift is a very easy lift to mess up. If you want a good lift for strength and safety be sure to take your time setting up. You want your set up to be a process where you set your body up in a good position to begin your lift.

As well the set up process is also time to get your mind ready to focus.

For me when I deadlift my set up starts before I even step up to the bar. Get your mind focused on the lift in front of you. Then get your body in a good position to start your deadlift.

Remember A Strong Set Up = A Strong Lift. Don't rush your set up and practice it as if it's part of your lift because it is.



Tip 2: Focus

When it comes to the deadlift the lift starts “dead”. There is no lowering phase like the squat and bench press.

When you step up to the bar be sure to have your mind focused and clear.

A bit thing I coach women on is focusing on the lift in front of them.

Often life gets crazy and focus becomes a big issue.

Learn to train your mind the same way you train your body.

Clear your mind, get your mind focused on the lift in front of you.

I recommend when you step up to the bar to repeat something over and over and over.

Something as simple as repeating “I can do this” over and over and over. A positive focused mind is very important for lifting and deadlifts.



Tip 3: Pick Your Deadlift Stance

Most women will immediately have a preference when it comes to your deadlift stance.

There is no right or wrong stance when it comes to deadlifts but the classic two stances you will see are either “Sumo” or “Conventional”.

Sumo is when your feet are wide and your hands are inside your knees.

Conventional is when your feet are closer and usually shoulder width apart and your hands are outside your knees.

Often you will find once stance more comfortable. There are numerous factors that dictate this. Your hip anatomy, leg and arm length, mobility, injuries and more.

Find a stance that feels good for you.

However it’s important to note that you should when possible always train both. Both deadlift styles have benefits and drawbacks. But for maximum results in strength and muscle learn both and train both when possible.



Tip 5: Learn To Hip Hinge

Learning how to hip hinge correctly is a game changer for strength, lifting weights, deadlifting and life. There are two primary movements for the lower body.

One is a squat, which almost everyone knows, the other is a hip hinge which is not as well known. Most women tend to move through their lower back when deadlifting. This is a big mistake. You want to learn to use your hips and use a hip hinge.

A hip hinge is a movement pattern where the focus is on loading up your hamstrings. Most people know how to squat but don't know how to hip hinge.

The Hip Hinge is a “Hip Dominant” movement. Where the squat is a “Knee Dominant” movement.

If you want to get stronger, get faster, reduce chance injury and lift heavy weights with correct form it's important to learn how to hip hinge.

If you get a moment read this article and watch this video ==> [What Is A Hip Hinge](#)



Tip 6: Get Your Grip

Most of my training is done with over/over grip and I use straps when I train, except for when I compete.

Sometimes hook grip, sometime straps (2 bicep tears is not fun). I leave the over/under mixed grip for when I go heavy. Gotta save my biceps for competing.

In general training I would recommend doing as much as you can with an over/over grip to avoid wear on the distal bicep tendon (the lower end of the bicep tendon towards your elbow) as well for long term shoulder alignment issues.

You will always be stronger with an over/under grip.

Generally your dominant hand will go as the under grip, but I recommend to most of my students to just grab the bare naturally without thinking and use whatever grip comes naturally.

It's very important to “break the bar” along with “white knuckling” the bar. You want your grip and tension as hard as possible.



Tip 6: Create Full Body Tension

If you want to get stronger it's important to learn to create full body tension.

Tension is the magic word when it comes to getting stronger.

The more tension you can create the stronger you will be and the safer your deadlift will be.

What I tell my female athletes is to try to turn your body to stone. Think about squeezing everything as hard as possible. Don't let the weight own you, you own the weight.

As well when it comes to tension and strength it will start with a strong grip. Be sure to white knuckle grip the bar. Don't just hold on to the bar, grip it as hard as possible and squeeze the bar until your knuckles turn white.

Along with a strong grip be sure to squeeze your lats. Your lats/upper back play a big role in deadlifts. Be sure to squeeze your lats tight. A simple cue for this is to squeeze your arm pits. This will pack your lats tight and down and put your lats in a good position for a strong deadlift.



Tip 7: Push The Ground Away

The deadlift is known as being a “pull” but it’s also a push.

A simple way to have a stronger deadlift is to think about pushing the ground away from you.

Don’t ever pick up the weight, push the ground away from you.

I look at the deadlift as being two motions.,

The first motion is pushing the ground away from you.

The second motion is then pushing your hips into the bar.

Learn to “get tight” then before you start the deadlift be sure to start by pushing the ground away from you.



Tip 8: Hips Into The Bar

Once the bar starts to move off the floor and gets around to your knee height you want to think about finishing with the hips.

You will often hear powerlifters say “hips, hips hips” or “hips in” when someone gets about half way through a deadlift.

The goal is that once the bar clears the knees that you start to squeeze your hips. The power source here is the glutes. Be sure to think about using your hips.

It may sound funny but another great cue is to “hump the bar”. Drive your hips into the bar to finish the lift.



Tip 9: Have Patience

One thing that is very important when it comes to heavy deadlifts is having patience.

Sometimes a lift may not come off the floor and I have seen many people give up on a lift too fast. Be patient with it and keep pulling.

I have found that with Sumo deadlifts you need to be patient off the floor. Most often if you can get a sumo moving you should be able to lock it. So be patient off of the floor.

With conventional you want to be patient at the top. Sometimes it may fly off the floor but be slow at the lockout. Be patient here and don't rush it.



Tip 10: Be Confident

Deadlifts are very much a mental lift. It takes a lot of confidence to make the lift.

Be sure that before you step up to that bar believe that you and will make the lift.

If you deadlift and you are conservative or afraid of the lift you have a much higher chance of missing the lift and/or getting injured.

Lift with confidence and believe that you can and will make the lift.



6 Week Deadlift Program For Women

If you enjoyed these tips and found them helpful I would love to have you do our 6 Week Deadlift Program.

Our Push/Pull 6 Week Program has a big focus on Deadlifting and Bench Pressing.

If you want a stronger deadlift I know it will help you. As well it's 75% off because you downloaded these tips and I really want you to try it.

You can get more info by clicking here ==> [6 Week Push & Pull Program](#)

Thanks for your support.

Coach Rob



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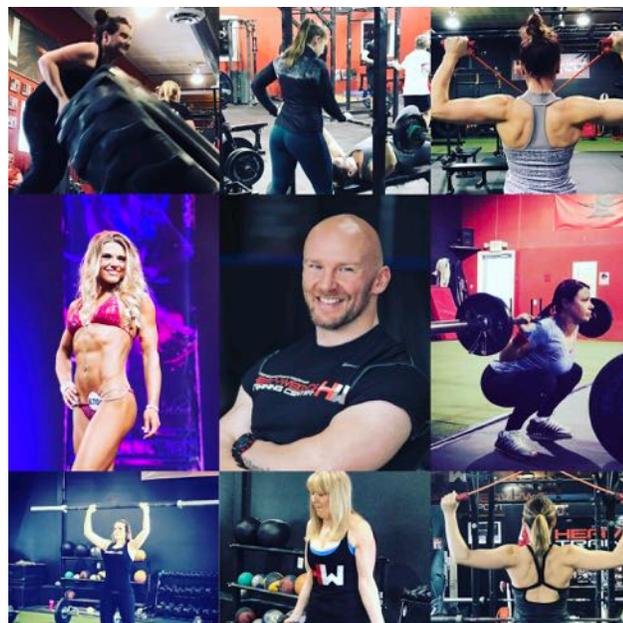
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