

DEADLIFTING LIKE A BEAST

BY COACH MEGZ



If I had to pick one exercise to build brute man strength, I'd have to go with deadlifts. By now I am sure you have heard over and over again that deadlifts are the king of all exercises, but why? No other exercise will challenge every muscle in your body like the deadlift. In order to deadlift like a beast you need a strong lower back, grip, upper back, lats, hamstrings and glutes. The deadlift is the ultimate test of overall strength. You can either pick the weight up off the ground and lock it out or you can't.

==> [Check Out My 600 lb Deadlift Video at 198 lbs HERE](#)

Many crybabies out there say "deadlifting hurts my back". My response? Learn how to do it right. I don't care what you're doing-squatting, benching or overhead pressing, if

your technique is off you will get hurt eventually. Take the time to learn the technique and do it right.

HOW TO SETUP FOR THE DEADLIFT

There is no question the deadlift starts with the setup. Your setup can literally make or break your lift. You have two different options here- sumo or conventional. Experiment with both to what works best for YOU. I will walk you through the conventional deadlift because that is what I know best.

- Start with a narrow stance and your toes pointed slightly outward
- Get your shins close to the bar. The bar should be over the middle of your foot but NOT touching the bar*
- In order to grab the bar push your hips back and down DO NOT SQUAT TO THE BAR
- By this point your shins should meet the bar and your hands should be right outside your feet
- Tuck your chin and get Tight! Your lower back should be arched and your upper back should be pulled down and back.
- Make sure your shoulders are over the bar and you are squeezing the crap out of the bar.

HOW TO PERFORM THE DEADLIFT

- Now that your setup in the proper position its time to MAN UP.
- Take a deep breath into your belly and hold. Do not breath into your chest
- Pull the slack out of the bar

- Squeeze the bar off the ground by pushing through your heels and driving your chest back
- Lead with your chest, not your hips
- Keep the weight as close to your body as possible. If it isn't rubbing up against your thighs, the bar is too far away from you
- Finish the deadlift by getting your hips through
- Squeeze your ass at the top
- Reverse the motion by performing an RDL to your knee
- Once you reach knee level drop the bar straight down to the ground

[Here is My 545 lb Sumo DeadLift](#)

Should You Tap and Go or Reset at the Bottom?

Either option is acceptable, it depends on your training experience and goals. Lifters that have a hard time staying tight throughout the deadlift and tend to bounce off the ground should not use a tap and go style. Its likee the bench press, you don't want to bounce the weight off your chest. In this case, reset at the bottom to ensure you are performing the deadlift properly and maintaining tightness throughout the lift. Reseting at the bottom is a great way to build starting strength. Since there is no momentum, you need to apply more force to the bar to get it off the ground. If you can lower the weight under control with speed and maintain your tightness then feel free to "tap and go". I would also go this route if you are strong off the ground.

Tap and Go Deadlift

<http://www.youtube.com/watch?v=YSOLO0wHHaw>

Deadlift with reset at the bottom

http://www.youtube.com/watch?v=YBiqsCDq_4

ATTACK YOUR WEAKNESSES

In order to build your deadlift, you have to attack your weaknesses. Below will give a detailed list of what to do depending on where you are missing during the deadlift



WHAT IF YOUR WEAK OFF THE FLOOR?

Speed Pulls

In order to improve starting strength, you need to learn how to apply more force to the bar. There is no better way to do this than Dynamic Effort Deadlifts. Not only will this teach you to apply more force to the bar, but using submaximal weights with high volume is a great way to regain proper technique. Stick to standard Westside protocol, 8-12 sets of 2 reps using 50-60% of your 1RM.

Check out this video from Supertraining

<http://www.youtube.com/watch?v=sXNQNdRn6LU>

Deficit Deadlifts

Wanna get incredibly strong off the ground? Start training on 2-4 inch mats. If you can build strength through this new added range of motion, your deadlift from the ground has no choice but to go up. You will be surprised to see how much lighter weight feels when you start to pull from the floor again. Deficit deadlifts are one of the best ways to improve hamstring strength in the deadlift.

Check out this video by Joe Hashey

<http://www.youtube.com/watch?v=Sfe9b6toJtk>

Deadlifts Against Chains or Bands

It is impossible to pull against chains or bands slowly. You need to be fast and explosive. Using bands or chains will help improve rate of force development and acceleration, which in turn will help improve your starting strength and lockout.

Check out this video from EliteFTS

<http://www.youtube.com/watch?v=olfk52NMBqk>

Strengthen Your hamstrings

The hamstrings are important for getting into the proper deadlift position and play an important roll in starting strength

In order to improve your hamstring strength use these exercises:

- GHR's
- RDL's
- Good Mornings
- Deficit deadlifts

Sets: 3-4

Reps: 6-10

What if Your Missing Midrange?

- ***Low Rack Pulls***

Low rack pulls are a great way to work on sticking points in your deadlift. They need to be done at mid-shin level because anything higher than that will not have much of a carryover to your deadlift. It is important to maintain proper position throughout and do not squat the weight up. Load up your posterior chain and finish with your glutes.

[Video of Rack Pulls at Knee Height](#)

- ***Train your Back***

Having a strong back is critical to a BIG deadlift. Personally, my deadlift is the best when I'm rowing heavy ass weights and doing a ton of pull-ups. The entire back is critical to maintaining proper position throughout the deadlift and keeping the bar close to your body.

Hit your back hard with these exercises:

- Mid & Upper Back
- Chest supported rows
- T Bar Rows
- Bent Over Rows
- 1 Arm Rows
- Pull-ups

- Face-pulls
- Farmer walks

http://www.youtube.com/watch?v=k77Ey4vk_do

Lower Back

- Back Extension
- Safety Squat Bar Good Mornings
- Low Rack Pulls



Deadlifts Against Chains or Bands

As I said before, it is impossible to pull against chains or bands slowly. You need to be fast and explosive. Using bands or chains will help improve rate of force development and acceleration, which in turn will help you blast through the mid range portion of the deadlift .

What if your Lockout is Weak?

Strengthen your Glutes

If your missing at the top range of the deadlift or if you find yourself extending your lower back and not finishing with your hips, you need to strengthen your glutes because chances are your glutes are weak as shit.

USE THESE EXERCISES:

- Barbell Bridges

Check out this video from John Gaglione

http://www.youtube.com/watch?v=XC_oVv5R87Y

- Hip Thrusts

<http://www.youtube.com/watch?v=L7ZhzBoCHi4>

- Single leg hip thrusts

<http://www.youtube.com/watch?v=VBwPtkNCnOc>

- KB Swings

<http://www.youtube.com/watch?v=Erykird1Evk>

- Pull throughs
- Squats
- RDL's

http://www.youtube.com/watch?v=SERtW_T8UGI

Deadlifts Against Chains or Bands

Yes AGAIN! In regards to lockout strength, bands and chains work with your natural strength curve. At the bottom when you are weakest, the bands and chains deload. As you move through the concentric phase, your leverages improve and so does your

strength. During this phase, the bands and chains work with your natural strength curve by producing more tension forcing you to apply more force to the bar.

What if You Flat Out Suck at Deadlifting?

Then deadlift! The only way to get good at something is to practice it and MAN UP. If you really suck at deadlifting, you have to do it frequently. Beginners should focus on using submaximal weights with high volume and practice moving the bar as fast as possible.

TOP 5 DEADLIFTING MISTAKES

Butchering the set-up

If you can't get into the proper position to do a conventional or sumo deadlift it can be one of two things

1- You don't have the proper hip mobility to get in the proper position. If this is the case you need to do a ton of hip mobility and stick to trap bar deadlifts or rack pulls until you achieve the proper hip mobility to lift from the ground. Check out this article to learn how you can improve your hip mobility.

2- Your hamstrings are too damn weak to load up your posterior chain. If this is the case you need to hammer your posterior chain with RDL's, glut bridges, GHR's etc...If this is your problem, lay off of trap bar deadlifts and rack pulls. These hip dominate movements, suddenly become quad dominate movements and turn into squat more than anything.

Here is an example of a horrible setup for the deadlift and why people's back hurts after deadlifting

<http://www.youtube.com/watch?v=P0ySblouCKs>

Leading with your hips not your chest

This is a problem I've encountered in my past on max effort attempts which is normal. When your going for broke, it ain't going look perfect. This problem can usually be fixed with a simple coaching que "push your heels down through the ground and drive your chest back".

Here is a video of a non maximal attempt where I am leading with my hips instead of my chest. Simple verbal queuing fixed the problem.

<http://www.youtube.com/watch?v=cTZrye4OBE>

Finishing with your lower back

This is a surefire sign of weak and inactive glutes. In order to improve hip drive and finish with you hips make sure your glutes are activated with drills like birddogs and glute bridges. If strength is the issue than hammer your glutes with barbell bridges, RDL's, good mornings and hip thrusts.

Here is a video I found off YouTube of finishing with the lower back

<http://www.youtube.com/watch?v=f5PP42L5kfg>

Jerking the weight off the ground

This is a huge mistake that I see a lot of beginner and intermediate lifters make. Instead of jerking the weight off the ground, think about squeezing the bar off the ground and leading with your chest. By doing so, not only will you squeeze the bar off the ground but you will lead with the chest opposed to the hips.

<http://www.youtube.com/watch?v=J9TVFxPUZ6E>

Deadlifting too heavy too often

By now hopefully you understand that the deadlift is the ultimate test of overall strength. With this said, deadlifting too heavy, too often will limit your recovery abilities and

defiantly affect your other lifts. My greatest success with the deadlift has come with using high volume and submaximal weights. In addition to this, use assistance exercises to build your deadlift.

Okay there you have it, everything you need to know about the deadlift. Now make sure you put this information to practice and start deadlifting like a BEAST. Got questions? Drop a comment below to get the ball rolling.

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