

BLOG.SQD

Types of Deadlifts:

Have you ever performed a deadlift before? If not, why not?

Most gym goers will have performed or witnessed a regular conventional deadlift – feet about hip width apart, hands outside legs slightly wider than shoulders and body in a position similar to a squat with the bar at arms length, but what about variations of the movement?

Different deadlift variations work better for different people based on their goals, injury history, and height/body proportions. Lets have a look at a few variations and see if they suit you and your fitness goals.

Rack pulls:

First up we have rack pulls. Essentially they are a conventional deadlift, but with the bar raised higher off the floor. If you lack the mobility to lift from the floor, then these are a great option for you. They are also a great way of overloading the muscles you use in a conventional deadlift. Loading up the back during this lift helps during the second phase of a deadlift, often the phase during which most people fail the lift or lose form completely.

Sumo Deadlifts:

With a stance that looks similar to that of a Sumo Wrestler preparing to engage an opponent, Sumo Deadlifts are often the forgotten lift as many gym goers are unsure how to position their feet, often adopting a slightly wider conventional stance. This variation changes the emphasis of the lift and places more work on the hips and quads. When doing the sumo deadlift focus on keeping your knees out wide and pushing your feet out to the sides as if you are trying to spread the floor apart with your feet. At the same time bring your hips forward. This will improve your leverage and allow you lift more weight.

Trap bar Deadlift:

The trap bar deadlift is another variation that takes the pressure off the lower back and places it on the quads, with some trainers even referring to it as a hybrid between squats and deadlifts. This type of deadlift uses a “Trap” or “Hex” bar, with the user standing inside. This helps to reduce the amount of sheer force on the spine, as the long lever is shortened along a horizontal axis. Boom! Up goes more weight!

Romanian Deadlifts:

This deadlift variation places a greater influence on the Glutes and Hamstrings. These are a great choice for lifters with knee issues. To perform an RDL properly make sure that you bend your knees slightly (they shouldn't be confused with stiff leg deadlifts!) Start from the



top and hinge at the hips, keeping constant tension in the hamstrings. Good luck walking to work the next day.

Now it's not only the type of deadlift that can vary, but also the equipment used to perform them. Barbells, dumbbells, kettlebells and weight plates can all be used to perform deadlifts.

Take your pick of movements, pick up a weight and get deadlifting!

Ben

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