

Exercise Prescription: Deadlift

Purpose of Exercise:

To transition from learning the Hip Hinge pattern to strengthening the Hip Hinge pattern.

Self-Check

Active Straight Leg Raise

Starting Position:

Standing in the same position as the patterning drills, with a kettlebell between your heels as shown. Feet are shoulder width apart or wider, feet may be pointed outward but must be symmetrical.

Exercise Description:

From the starting position, reach back and grasp the kettlebell with both hands, keeping your arms glued against your rib cage. Inhaling against a stiff core, pushing your feet into the ground, lift the kettlebell using your glutes.

Now, slowly descend, placing the kettlebell back between your heels.

The movement should look the same as the patterning drills. If it does not, go back to the patterning drills until this improves.

Breathe in on the way down and exhale on the way up against a stiff core.

Pictures:

