

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES,
E/FT, PSCS, PRCS

STIFF LEG DEADLIFTS

A. Emphasis. The primary muscles stressed in this movement are the muscles in the back of your upper leg (hamstrings), hips, and especially the lower back. The secondary muscles stressed are your stomach muscles and the muscles in your arms.

B. Starting Position. Standing with your shins just touching a weighted bar, place your feet shoulder width apart and directly under the bar. Keeping your legs straight, bend at the hips and grip the bar in an interlocking grip. It is **very important** to keep your back straight.

C. Movement. Lift the bar up off the floor until it is against your upper thighs, arms extended. Keep your back straight and the bar as close as possible to your legs. Take **2 to 3** seconds to lower the bar down until you reach a comfortable stretch in your hamstrings.

D. Training Tips.

- 1) Reverse the interlocking grip on every set performed.
- 2) This exercise works your back very hard. You **must** focus on keeping your back straight throughout the entire exercise.
- 3) The closer your stance is, the greater the range of motion in your hamstrings.

F. Warning Tips.

- 1) **Do not** lower the bar any farther than a comfortable stretch in your hamstrings. Failure to do so can over stretch your hamstrings, causing serious injury to them.
- 2) You must keep the bar as close to or against your legs when raising the bar up. Failure to do so can result in serious injury to your back.