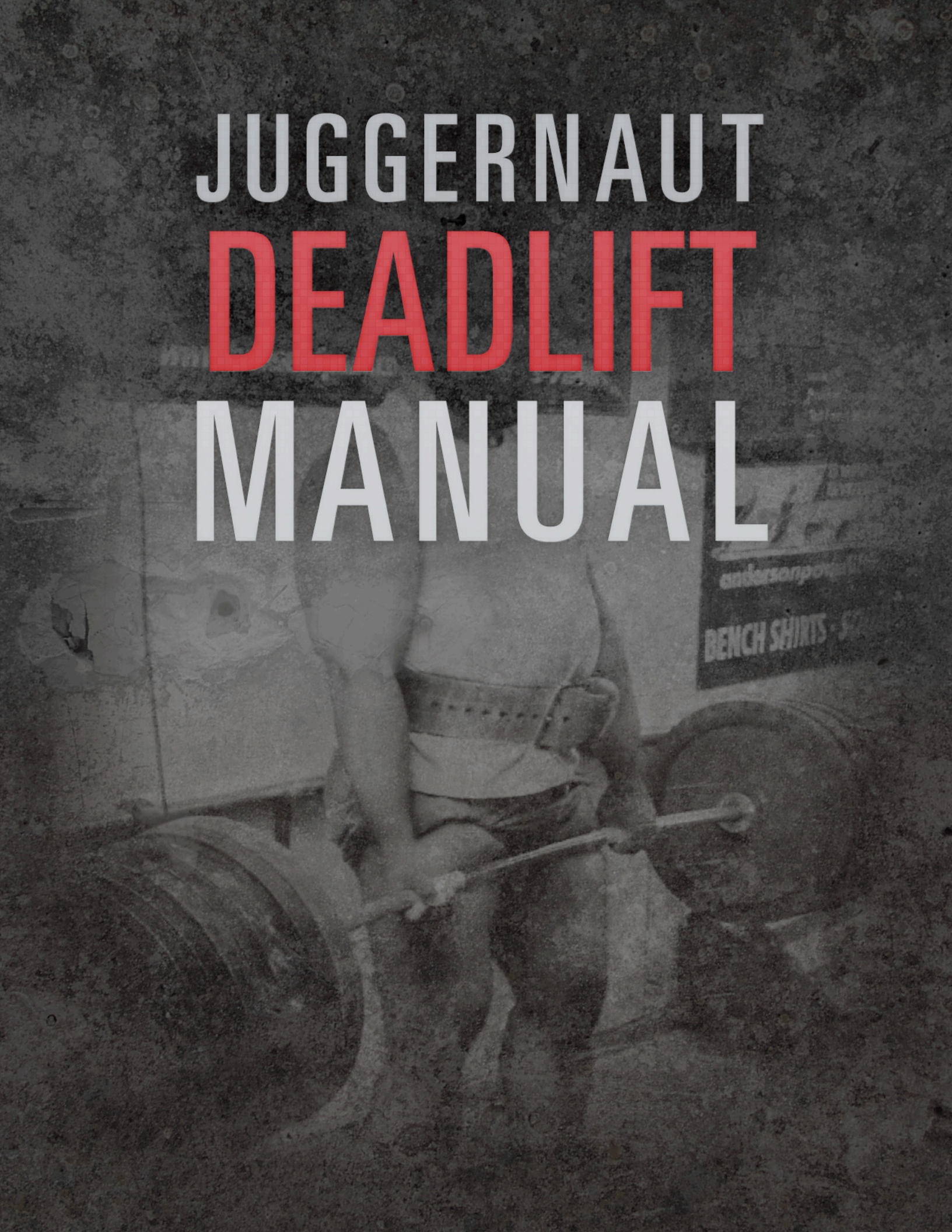


JUGGERNAUT DEADLIFT MANUAL



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BECOME UNSTOPPABLE

by TEAM JUGGERNAUT

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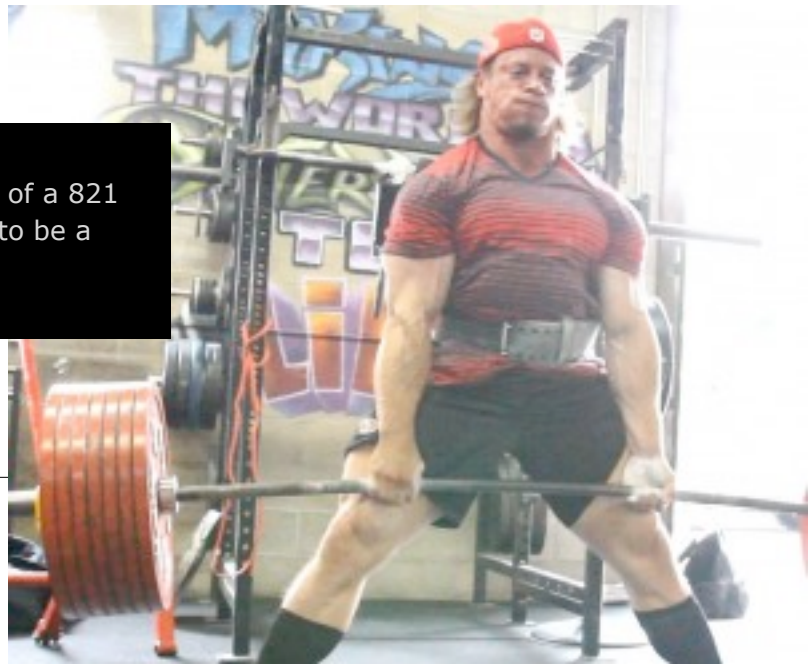
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INTRODUCTION

BY CHAD WESLEY SMITH

The deadlift is often referred to as the King of Exercises because it develops so many muscles in the body and is so grueling to perform. Team Juggernaut is comprised of some of the World's greatest deadlifters including 5 lifters who have deadlifted 800+ in either competition or training. This manual was created to help you conquer your deadlift training. The deadlift, more so than any other competitive lift, confounds people who are trying to improve it because the approaches needed for success vary so greatly from person to person. Some people need to pull heavy every week to improve, while others only need to use heavy weights once a month to make gains. In this manual you will hear a variety of opinions from a variety of athletes with varying experience, strengths, weaknesses, goals and body types and while everyone will have something different to offer you when it comes to improving your pull, there are a few things that must exist no matter what, consistency and commitment. To be a legendary deadlifter you can't have a month of good training and then a few weeks of sub par work, you can't

World Record Holder Dan Green, the owner of a 821 deadlift, knows the hard work necessary to be a great deadlifter.



even have months on end of great training followed by a month of substandard work; being a great deadlifter is a labor of years of sweat, bloody shins and torn apart hands. You must commit to your goals, knowing that nothing can deny you. The deadlift is just you and the bar, who is going to win?

TEN STEPS DEADLIFT WARMUP

BY RYAN BROWN

Ryan Brown is the owner and head coach at Darkside Strength/Derby City Crossfit in Louisville, KY. A former Marine, Ryan is now an expert in mobility and corrective exercise, as well as performance enhancement. Ryan's best deadlift is 530 at 185 pounds. Learn more about Ryan at Darkside.DCcrossfit.com

Here at DCCF and Darkside Strength, everyone pulls. If you are unable to achieve a good position in the bottom of a deadlift then we will force you into a good position. You will pull off pins or boxes, maybe you will do band pull throughs, KB deadlifts, or suitcase deadlifts, but some sort of lower body pull will be a major part of your program. Point is, every human should possess the ability to lift things off the ground, and if you can't, then your program should be written with the goal of achieving that ability.

When warming up for the deadlift, I take different considerations than I do when warming up for other movements. Since the deadlift is so taxing, I want to have a decent sweat going at the end of my warm-up, so that I can take less reps as I work up to my working weight for the day. I want to focus less on gaining the length that I may need in olympic lifting, or even in squatting and instead place the focus on putting all my bits in the optimal position to produce force. More stiffness is going to be your friend in the deadlift.

As with warming anything up, what you need is going to be largely specific on your individual strengths, weaknesses, asymmetries,

jankiness, etc..., but let's try and hit on the major ones that I see in the gym regularly.

[CLICK HERE TO WATCH RYAN'S VIDEO REVIEWING THE WARM-UP](#)

FEET

Tripod foot. Ideally, as you pull your foot is creating a rigid “tripod” with your 1st metatarsal, 5th metatarsal, and your heel. Weight would be evenly distributed across the three points and give you a solid and stable base with which to drive into the floor. Fairly often I see people in the gym fail to achieve this position. It seems that when the lifter pulls he is driving his tibia into the floor pronating his foot, thus “bleeding” force out through the inside of the knee, rather than keeping it neutral. Sometimes that can result in knee pain, sometimes not, but regardless of pain it is not going to be an optimal position to translate force. If you fall into that category, you may need to look into better footwear for your deadlift. More often than not, something funky is going on with your hips that needs to be corrected before you are going to be able to get that foot right.

KNEES

Are your knees caving on your heavy pulls? There could be a couple of problems here. More often than not, it is a result of your hips being anteriorly tilted, thus making the posterior muscles too long and creating instability. It could be the result of weak glutes or hamstrings, but first, make sure to assess your setup position before you regard it as a weakness. Hint: always pay attention to your foot position.

HIPS

If you do not possess sufficient mobility in your hips to get down in a deadlift position, then you don't need to worry about warming up for your deadlift. You need to get yourself right, because if you don't have hip mobility for a deadlift then you don't have it for a squat and you don't really have a reason to live.

HIP FLEXORS/LOWER ABS

I do not see a lot of people wanting to stretch the hip flexors before a big deadlift, which is a good thing because they probably don't need it. What they need (more than likely) is to be "turned on" and strengthened. If you are one of those people who is living in lumbar extension and anterior pelvic tilt then you are going to want to address this in your warm-up. Getting your hips into a neutral position is going to be key to getting the maximum amount of power from your hamstrings and your glutes, as well as being able to maintain a neutral spine.

SPINE

BREATHE!!!!!! If you can't get your spine into a neutral position then your sweet little baby muscles that are in close to the spine, that are supposed to give it stability, are going to be out of position and unable to do the job. You may still achieve spinal stability but you are going to do so with the wrong muscles. It is not only inefficient, but not so awesome for your back either. If you are more of a flat t-spine guy with a huge anterior tilt, then you are going to do better with breathing drills designed to help you use your air to push your

T-spine out from the inside. If you are more kyphotic then you will do a little better with some breathing drills on your back. Just think about using your breathe to make you longer and decompress your spine. Done right, this will also help you correct your hip & shoulder position and set you up for big pulls.

SHOULDERS

Hopefully the breathing is going to give you good t-spine position, which will give you good scapular position and stability, which will, in turn, keep your shoulders in a good position. However, if you are not all the way there, or if you are not living in this good position, some activation exercises can help get these often weak, overstretched muscles back in the game.

NECK

Once again, hopefully the breathing drills have already started to get your neck back over your center of mass where it belongs, but if you tend to have a forward head posture with weak or inhibited deep neck flexors, this is another area where some chin tucks and whatnot will be your friend. I know that there are different ideas about deadlifting with your head up vs. chin tucked. I tend to have my people keep their chin tucked during the deadlift in the attempt to make on long spine. This will make it much easier to get a big full breathe as well as prevent your body for compensating for the big extension in your neck with your T-spine, pulling your shoulders up and inhibiting your middle and lower traps (which can be useful in a deadlift... using them, not inhibiting). Inhibiting your deeper neck flexors is also going to cause your SCM and scalenes to provide the

stability in your neck... by tugging down on it while it is in extension, probably creating some sheer force. I know that there is a ton of controversy with where you should “look” while doing deadlifts, olympic lifts, or squatting, so these are just some ideas to think about. I am well aware that with heavy deadlifts your back is going to round and your head will probably come up, if not, I am sure that you would just do more, but that doesn't mean that we should not start and strive to maintain optimal position throughout.

SAMPLE WARM-UP

1.) MONOSTRUCTURAL MOVEMENT

This is the most simple and basic aspect of the warm-up. The purpose is to literally begin the warm-up process. Low amplitude, low intensity movements aimed at increasing the temperature and blood flow to the body.

It can be anything, a row, a jog, jump rope, etc... but for the deadlift I like a 5-10min sled drag. This can be just walking, or you can get more specific if you have an idea of your own asymmetries and imbalances. As always with sled walking/dragging, I want to be focusing now on getting my breathing right.

2.) FOAM ROLLING

I like to give myself a light roll all over. If I have the time, I will start off with a lacrosse ball in my foot and work my way all the way up. Obviously, I spend a little more time working any particular areas that need it. I know there is a ton of info out on the internet saying that you can foam roll too much, and that you shouldn't roll some

things, but this is a really great time for me to drink assault or Monster and run my mouth to the other people in the gym, so I like making this a lengthy portion of the warm-up. Focus on what you need individually, think of areas that are inhibited and are going to limit your ability to maintain a good position. Popular areas could include; feet (arch too high?), peroneals (pulling foot eversion?) adductors (knees pull in?), pecs (excessive kyphosis?) or traps/middle/lower/rhomboids (t-spine stuck in ext?)

3.) BREATHE

4.) ACTIVE WARMUP

Large amplitude, low velocity movements aimed at further increasing temperature and blood flow, but also working joints through large ranges of motion taking advantage of the freedom we just gained from our SMR. Could be walking lunges, t-pushups, walking hip external rotation, good mornings, upper body pulling variations

5.) JOINT MOBILITY/LENGTHENING

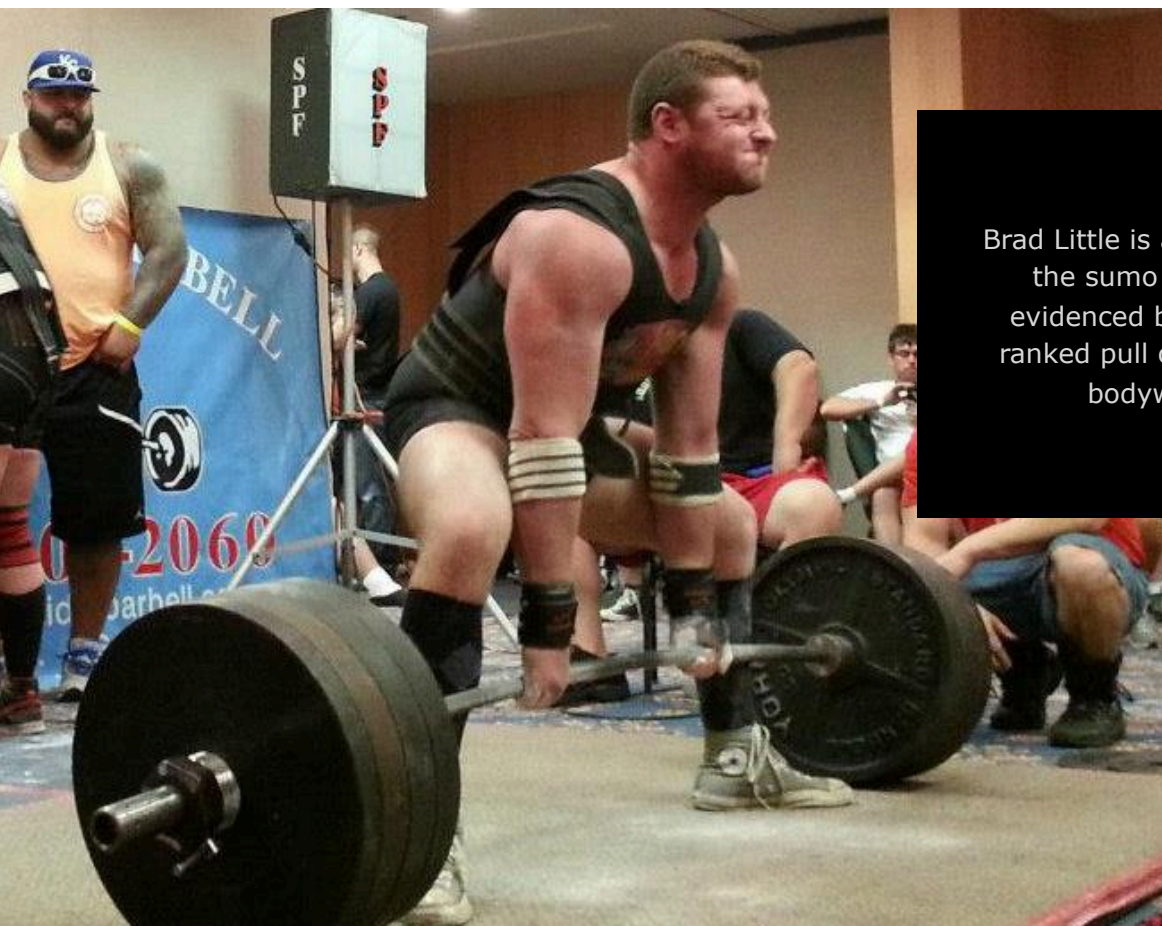
As we said earlier we aren't really doing much lengthening work before deadlifting, if you are too tight to achieve a good deadlift position then you have more problems than warming up your deadlift. Here we do want to take this opportunity to make sure and more the major joints through their full range of motion. I like to keep it pretty simple. Hip circles, pass throughs with pvc or bands, step overs (front, back, lateral) and O's on an incline bench are some of my favorites

6.) DYNAMIC

Here we are going to use large amplitude movements that start to add some velocity. No need to do anything fancy, leg swings (front/back, side/side) arm swings, power skip, butt kick, high knees, carioca, etc...

7.) BAR WARM-UP

Here I like to add in a little more velocity with some more technical movements which is going to create a higher demand for intermuscular coordination, furthering the body's overall preparedness. At my gym, most everyone has "some" olympic lifting skills. Which works out perfectly for a deadlift warmup. I like to just hit 10 deadlift, 10 hang power clean, 10 hang power snatch, and 10 push jerk. If you are horrible at OLY lifting then you might want to skip this step, or it can be a chance to practice some new skills.



Brad Little is a technician of the sumo deadlift as evidenced by his US #1 ranked pull of 730 at 181 bodyweight.

8.) MUSCLE ACTIVATION

This is another aspect of the warm-up that needs to be specialized. I idea is to use very controlled movements and positions in order to place emphasis on muscles or groups that could be inhibited on you. It is very important to remember that this is muscle activation, not exhaustion. You shouldn't be doing 3 sets of 10 or anything like that. Depending on your needs some good options here would include; lateral band walks, glute bridges, I,Y,T,W,O shoulder mob series, pull throughs, band pull aparts, face pulls, scap pullups, wall press abs, supine psoas march.

9.) PLYO

Nearing the end of the warm-up now we are looking maximizing the velocity of our movements in order to create the highest demand for intramuscular coordination in the body. These can be jumps, throws, or olympic lifts if you are proficient. If you are taking the Oly route you are going to need to lift near maximal weights, in order to achieve the velocity needed, but you will need to manipulate the intensity with position (hang/power) so that the lifts do not take away from your deadlift.

10.) REACTIVE

These can be depth jumps, reactive throws, or sometimes with my kids (I have several high school kids) we will play dodge ball, freeze tag, or something to that effect. They are fun and a great reactive warm-up drill. The reactive drills are meant to put everything together and be the most challenging for both inter and

intramuscular coordination. The final phase in preparing your body for a big pull.



Dan Green is the World Record holder for Total at 220 pounds with a 2030 in just a belt and wraps. Dan's best deadlift is 821, to go along with his 760 squat (belt and sleeves) and 480 bench. Learn more about Dan at BossBarbell.com

DEADLIFT TIPS AND TRICKS

BY TEAM JUGGERNAUT

BUILDING STRENGTH OFF THE FLOOR

Brad Little: For strength off the floor I feel nothing builds power like high rep Olympic squats and chain suspended Safety Squat Bar good mornings. The squats build the core, quads and lower back like no other exercise I have ever done. The good mornings should be done with a SSB suspended in chains putting your torso and legs at nearly a 90° angle in the bottom position; a one-rep max should never be tested.

Dan Green: For strength off the floor I prefer to consistently pull for reps in the 1-5 range from the floor and especially reps from a deficit of 3-4".

Eric Lilliebridge: I've always incorporated some type of abdominal exercise into my training that hits both the lower and upper abs and I can tell it has helped me stay tighter off the floor and has helped overall with my speed.

-Leg raises lying on a bench with hands tucked back behind head or grabbing onto the bench. You can work it harder by using ankle weights. Hits the lower abs very good.

-Decline sit ups hit your core all around and you can also use a dumbbell putting it on your chest or a weight behind your head to make the exercise harder and build more strength.

-I like to wear my belt up higher as well for the deadlifts because I don't feel it doing anything for me when I wear it lower. I have it up

high right about where your four upper abs are. I feel like it keeps me more erect off the floor and I can really drive hard into the belt with my core which allows for even better floor speed and puts me in a better position to pull.

Chad Wesley Smith: Defecit Deadlifts while standing on 3” blocks are my go to for building strength off the floor. You don’t want to use too high of blocks because it will put you into too odd of a starting position. Reverse band deads, as well as pulling against bands/chains will also teach you the importance of applying maximum force right away in your pull, because if you don’t you won’t have the momentum to overcome the increasing weight as you approach lockout.

BUILDING STRENGTH AT LOCKOUT

Brad Little: My favorite exercises to build lockout power would have to be old school barbell lunges and glute bridges. Lunges, if done right, are one of the best exercises for lower body that I have ever found. Glute bridges may turn some heads but a fact about deadlift lockout is most people don’t know how to fully activate their glutes! My glutes are not big by any means, but I still have a powerful lockout. This is because I know how to activate my glute and when to make them work. These can be done on any lower body day.

Dan Green: To build the hip strength specifically needed to pull well sumo AND to build lockout strength I find block pulls with the weights on 4" blocks to be awesome. I typically aim for triples here.

Eric Lilliebridge: I like to incorporate heavy back accessory work into my training to help with my lockouts. I feel like these exercises have definitely helped my lockout a long with making it a faster and smoother transition once the bar gets over my knees.

-Upright rows with a barbell or on a cable machine, these really hit your traps hard and you will feel it at the top portion of your deadlift when you're pulling/driving the weight back and will feel over time that these will allow you to drive the weight back harder and faster.

-Barbell bent rows, I like to normally do these without straps using a deadlift bar to help work on grip, but if you really want to maximize your mid/low section of your back strength you might want to use straps for a couple of the last heavy sets since it will allow you to use heavier weight without worrying about your grip. These will build up your back strength like no other. You will feel it both off the floor and for your lockout.

Eric Lilliebridge is truly a star in the World of Powerlifting. At just 22 years old, Eric has a massive 2204 total in the 275s class. Eric has squatted 854 (belt and wraps), benched 521 and deadlifted 821. Eric has a tremendous future in powerlifting and will certainly be remembered as an all-time great.

Chad Wesley Smith: Glute bridges and deadlift hyperextensions are great accessory movements to build the glute and hip strength necessary to lockout big weights. I've never used rack pulls, but am

not an advocate of them because they put you into an unrealistic starting position for that point at the pull. The most important thing you can do to have a strong lockout is to build strength and SPEED off the floor because that will carry you through to a strong lockout.

BUILDING THE DEADLIFT

BY BRANDON LILLY

Brandon Lilly, the author of *The Cube Method*, is an accomplished geared and raw lifter, with PR deadlift of 775. Brandon has spent time training at Westside Barbell and Lexen Extreme, alongside the legendary Chuck Vogelpohl and now trains at his own gym, Berea Barbell in Berea, KY.

The most important part of a big deadlift is bar speed off the floor. If you can generate enough force, you can carry the lift through sticking points.

With this in mind, I try to always maximize strength and speed when working floor strength. This is my bread and butter when building speed off the floor:

I do almost all my heavy work with a mid stance. This mimicks my squat stance, but I have also been told that it is a "pure strength" lift. You don't get the leg drive like you do conventional, and you don't get the leverage advantage of being sumo, so it comes down to power and guts. Do these standing on a one inch mat and watch you glutes and erectors grow.

Brandon Lilly has utilized his Cube Method for his 775 PR deadlift.



Counter to that I do all my speed work with my meet stance, conventional. This allows me to maximize my form, and technique. I do my speed work from the floor, with dbl mini bands (200 +/- lbs at the top), and 315, 345, and 365. I wave the weights. Too many guys get wrapped up in ego, get wrapped up in building your speed, and the ego will come on meet day when you PR.

No deadlift training is complete without some sort of lockout work. I for one, have had to absolutely destroy my lockout. It was terrible at times. I remember being able to get almost any weight I tried to mid thigh, but I would quickly stall out just inches from lockout. So I had to dissect myself, and realize it wasn't necessarily better form that was going to fix my issues, but pulling with acceleration in mind. Two lifts that will leave you dead in the water if you aren't flexing your glutes and pulling with all you've got are these:

Pin Pulls for reps just above the knee. I see so many guys trying to load the bar to a million pounds thinking this will build your lockout, and I guess it might, but look at BUILDING, and lets build some muscle back there. Use 70%-85% for a wide range of reps, and sets and the muscles will respond and I guarantee your lockout is better for it.

This next movement is becoming well known, and hated by my CUBE trainees. Block Snatch Grip Deadlifts. Use 40-50% of your deadlift max from a 6" block, and do 15-20 reps. I also encourage people to use straps on these, but while they don't seem terrible at first, by rep 10 you'll be hurting, and on set 3 you'll be wishing for an escape. Try these after your main deadlift exercise and see if you



Lilly advocated Snatch Grip Deadlifts from Blocks to build lockout strength

don't start locking out weights you never dreamed of before.

Each lifter has to find the method that works for them. Some guys seem to be able to pull a new PR every week, while others benefit from pulling

heavy once per month. What I have found to work best for me, and my trainees is this split:

Week 1

Max Dead

Week 2

Deadlift for Reps

Week 3

Speed Deadlifts

Week 4

Begin Cycle Over

The best description of what a deadlift is was from my former training partner Chuck Vogelpohl. He said "the deadlift is the least technical, the least affected by gear, its you and the bar. Are you gonna let a bar beat you? I'm not." Very simple and straight forward, as it should be. Get back to the basics, leave no stone unturned, and start pulling with a mission. Realize that heavy isn't always best, and train the deadlift in sections and I think you will be a much stronger, and happier puller for your hard work.



Kalle Beck has pulled 600 at 175 pounds and is one of the top deadlifters in Strongman Fitness

TRAINING THE CAR DEADLIFT

BY KALLE BECK

Kalle Beck is a Strongman Fitness (<175 pounds) competitor based out of Carmel Valley, CA. Kalle has been competing in Strongman for 6 years and has transformed his body during this time. Kalle's PRs of 600 in the deadlift, 505 in the squat and 290 in the log press make him a force to be reckoned with in any competition.

Deadlifting the back end of the car is one of the most visually appealing events in strongman. It is always a crowd favorite, at the same time it is one of the events that makes competitors the most nervous. For obvious reasons, not everyone has the equipment, there is no real way to tell how heavy a car is until you actually lift it. Many factors contribute to this, height of handles, width of handles, thickness of frame, how much gas in the car, etc. With so many

difficulties surrounding the car deadlift, what is the best way to train for it?

There are lots of misconceptions with the car deadlift. I will list the five most common mistakes I see...

LEANING BACK

DO NOT DO THIS! You need to get your hips underneath you. By leaning back you are doing the opposite. If you push your hips forward and have your feet set right (more on this later) you automatically get into that backwards lean at the top but this is not hot to imitate the lift.

THINKING THAT A GOOD DEADLIFT MAKES A GOOD CAR DEADLIFTER

This will help of course but stop thinking of it as a deadlift. It is more of a squat really. Strong quads are key!

WARMING UP BY LIFTING THE ACTUAL CAR

This is fine if you are confident and are familiar with car deadlifts but it is a very taxing lift most of the time so save your energy.

SETTING UP YOUR FEET WRONG

Either too far back or too narrow. Don't set it up like you would your deadlift. Set it up like you would your squat. Of course a lot is personal preference but I like my feet as wide as possible toes out at about a 45 degree angle with toes just ahead of the handles.

TRAINING ON A TRAP BAR

Just because the handles are on the side doesn't make it the same lift. I've seen plenty of competitors put up crazy trap bar numbers only to zero the car. I think this is the most overrated assistance lift for the car deadlift.

<http://www.youtube.com/watch?v=Zu3TNZaa4qI>

I've had my best success doing actual deadlifts only every 3-4 weeks and keeping reps in 90% of my max I still throw in stiff leg deadlifts every week to keep my low back strong. I focus on ghetto car deadlifts (how to set this up later on) or an actual car deadlift. I cannot stress enough! I don't care if you have to drive 4 hours if you can hit an actual car deadlift frame just once it will make a world of difference. Gradually build the weight up and decrease the reps as you get closer. My favorite assistance exercises are...

- 1) HEAVY front squats. It builds up that quad strength you need to break it off the floor along with the abdominal and mid back strength.
- 2) 1 arm dumbbell rows to build up grip, forearm, and upper back strength.
- 3) Box Squats to build up hip strength and improve the lockout.

GHETTO CAR DEADLIFT SETUP

Take two barbells, place them alongside each other with one end up to a sturdy structure such as a wall or base of a power rack. If you have a pair of grapplers use them! Place a heavy db/sandbag/

kettlebell over the end of the barbell to secure it in place. Place plates on the other ends of the barbells. Elevate the plates with blocks to make it about 12-14" high place hands at the back of the collar behind the plates on the knurling and pull!



These Ghetto Car Deadlift set ups do a great job of simulating the car deadlift and help prepare you for the unpredictable competition environment.

DEADLIFTS FOR OLYMPIC LIFTING

BY COURTNEY GOULD

Courtney Gould is a multi talented strength athlete based out of Portland, OR. Courtney has competed in powerlifting and strongwoman and now has her focus on Olympic lifting. Courtney has a PR deadlift of 325 at a bodyweight of 132.

Deadlifting is a huge portion of Olympic lifting success. Many people don't realize that the first and second pull of the Snatch and the Clean is essentially a deadlift. It's a total body exercise that uses the quads, glutes, hamstrings, trapezius, and rhomboids.

First off, one will need to understand that a Clean/Snatch deadlift is slightly different than a powerlifter's conventional pull. A powerlifter usually begins with their hips higher and their back is at a slightly different angle than an Olympic lifter. The Olympic weightlifter will have their hips closer to parallel with the knees and this also reduces the shearing stress on the knees.

For the starting position of the clean and snatch deadlift, the criterion is the same: you will begin with the barbell placed over the balls of the feet and the arms oriented



Courtney Gould demonstrates the difference between a Clean Deadlift and the traditional powerlifting style deadlift.

vertically. The knees will be flared as much as the arms allow (obviously they are able to flare out wider with the snatch grip). The back should be in complete extension and hips lowered as much as possible while maintaining the positioning of the bar over the foot and vertical arms.

When you begin the pull from the floor, the goal is to keep your weight on the heel while maintaining a constant angle with the back until the bar reaches approximately mid-thigh position and the hips begin their last extension. During this time, the hips should remain directly above to slightly in front of the bar until you reach mid-thigh position.

In the clean and snatch deadlift the bar should be accelerating as the bar travels higher and the knees move backwards during their extension. This should bring you to the hip position; you then follow the same muscle movements in reverse order to take the bar back to the ground.

Incorporating the clean or snatch deadlift is a skill transfer exercise that is used for a weightlifter to strengthen their first pull or to increase the feeling of pulling a heavy load off the ground. Here is a sample of what I would use to program this exercise into your weightlifting to help increase your strength, positioning, and overall lifts.

Programming of Clean and Snatch Deadlifts are interesting compared to other exercises. The relationship of what an athlete

can do and what is desirable are not the same numbers. An athlete is almost always able to pull more than what would be prescribed in programming, but because the deadlift portion of the lift is a speed dependent exercise it doesn't play the same role strength lifts like the conventional deadlift have.

The basic idea of programming the clean and snatch deadlift into your training is to overload the pulling movement while at the same time, not sacrificing speed and technique. Lifts will be performed in association with the classic lifts max percentages. A good scheme for a beginner of reps and percentages to incorporate the snatch and clean deadlift is to perform 2-5 sets of 4-5 reps with 90-100% and 1-3 sets of 2-3 reps at 100-110% of your PR in the associated classic lift.

If you are an athlete, like me, who has a powerlifting background and dove head first into the world of Olympic weightlifting, you may still have a yearning to complete the powerlifting style deadlift. I have always been a conventional-style deadlifter. I attempted to try these again recently my form was completely ridiculous. It was a cross between a clean deadlift and a trainwreck. It was mentioned to me that if I was to continue to deadlift from time to time that I should switch to Sumo-style deadlifting as to not compromise the technique of the pulls that I have been working so hard to learn. I switched over to sumo recently, and without deadlifting in about 6 months, I was able to pull 93% of my conventional deadlift.

I highly recommend the use of the snatch and clean deadlift incorporated into your training. This will help you to understand and *feel* the movements and tempo of the first portion of your lifts.

DEADLIFTING FOR WOMEN'S PHYSIQUE

BY JEN COMAS KECK

Jen Comas Keck, one of the founders of Girls Gone Strong, is an accomplished figure/bikini competitor, as well as nutrition coach. Jen has a best deadlift of 315 pounds. Learn more about Jen at JenComasKeck.com and GirlsGoneStrong.com

Lets get real - men have always known it, but it's just been here recently that women have realized it, accepted it, and now desire well-developed, round glutes, aka Dat Azz.

“What can I do to make my butt rounder?”

“How do I build a booty?”

“What can I do for my glutes?”

Enter the deadlift.

When paired with a solid squat program, deadlifts can work wonders for your ass and your entire posterior chain.

If you don't care about improving the way your buns look (and I will try to let that slide), I've still got plenty of other reasons for you to work this incredible movement into your training program.

Deadlifts offer the single biggest bang for your buck when it comes to developing overall strength. It incorporates and develops both upper and lower body in one movement.

Deadlifting is a functional movement. We bend down and pick things up all of the time. Get in some heavy tuggin' and the next time you have to rearrange your furniture? It's all you, baby!

The more developed your back and lower body are, the smaller your waist appears. It's a win/win! Nothing can enhance confidence quite like pulling a heavy deadlift. There is something so empowering about being able to lift a loaded barbell off the floor.

Ladies, if you've never tried to deadlift, it can admittedly be a bit intimidating. Personally I didn't have anybody to teach me. I lugged the bar out from the power rack, and set it up in the middle of the gym floor at a huge commercial facility in Vegas. I shoved my earbuds in, put my blinders on, and started tuggin'.

You can utilize solid strength training resources such as JTSstrength.com to learn everything you need to know, and then get to it! We've all got to start somewhere!

Jen Comas Keck is a great example of the positive effects heavy deadlifting will have on a woman's physique.



I frequently hear from men asking how they can get their girl into squatting and deadlifting because they know how much she'll love it and they are aware of the innumerable benefits. Here is my suggestion: *show her how*. Teach her, help her, make it fun, and then cheer her on! Give her a lot of encouragement and positive feedback, and then stand back and watch the magic happen. Conventional, sumo, stiff legged, or single leg, you can't go wrong with adding the deadlift or some variation into your program.

Start light, get your form down, and then start pulling some heavy weight.

THE DEADLIFT'S ROLE IN POWER DEVELOPMENT

BY MATT VINCENT

Matt Vincent in the 2012 World Highland Games Champion. Matt has a diverse athletic background having competed in track & field at LSU during college before going on to success in raw and geared powerlifting, strongman and highland games. Matt is the author of Training Lab, the ONLY strength training manual written for the Highland Games. Learn more about Matt at MattVincent.net

I have competed in numerous different things from High School sports like Football and Track, Collegiate Track and Field (Shotput, Discus, and Hammer), Strongman, Powerlifting both Raw and Geared, and most recently focusing on Highland Games. Though there are many different variations of ways to train for these, there are certain things that are constant for any athlete. You



World Highland Games Champion Matt Vincent utilizes the deadlift to build explosive total body strength.

will need a strong back, hips, legs, shoulders, arms and core. Also no sport is going to require you to be using one muscle at a time, so there is no reason to train like that for athletes.

I have always focused on the big multi joint lifts, Squat, Bench, Overhead Press, Clean, Snatch, and last but certainly not least the Deadlift. Getting stronger at these lifts will make you a more powerful athlete and power is what we want. Power, the speed in which an athlete can move weight, is the most important thing for athletic success.



The deadlift is a huge part of building this power. Most lifts allow the athlete to exploit the stretch reflex to help move the weight, but this isn't the case in the deadlift. There is no easy way to deadlift big weights. Proper programming using the deadlift can help make tons of gain in regards to power. Think about this like a dragster setting up on the line. You want to apply 100%

The deadlift will build the strong hips, glutes and low back for athletic success.

effort into the weight no matter what the weight or resistance form moment one. This is like firing off the line for football or exploding when throwing the shotput. The acceleration of the weight is where you generate power. This is something that has to be consciously trained.

The key to building power through the use of the deadlift is to always attempt to move the bar as fast as possible, whether you are using light or relatively heavy weights. From my experience the best way for me to train and build power is by using sub maximal loads. Sub maximal training is using reps at lighter weight to build your over all max. If you are throwing shotput or stones and could be an athlete who squats 405lbs slowly or squats 225lbs really fast. The 225lbs moving fast is going to translate into your sport better than slow heavier weights. Over time training for max speed on every lift, you will get faster at that weight or be able to move 275 and 315 fast. This increase in power is going to also make your max increase without having to load 100% weights and grind them out.

Deadlifting is considered the king of the lifts and one of the main reasons there is no way to cheat it. With squats there are tons of suits, feet widths, bar placement, and worst of all, the high squat. Deadlifting is simply stepping up grabbing the bar and pulling until you stand up. No hidden angles nothing just bend over like loading yourself into a spring and put all of the energy into the bar coming off the ground. Many of the guys on this team deadlift over 800lbs and there is simply no way to do that unless you are both extremely powerful and strong. I hear tons of things where people want to

make excuses for why they are not lifting as much as the next guy, but honestly stop bitching, get on the platform, and start pulling and pulling hard.

THOUGHTS ON DEADLIFT TRAINING

Dan Green: My general approach to pulling is to work up to a target set of reps pulling from the floor and then work up to a top set of reps with the 4" blocks. This really builds the sumo pulling strength. But I also like to finish with a set of conventional reps to build the hamstrings and back. I usually do a set of 3-6 reps from a 4" deficit to finish my deadlift sessions. Also, for a change of pace I will occasionally pull for a max against bands to really feel explosive and to challenge my grip.

As for grip strength, I find that just performing this relatively high and frequent volume of deadlifts works well, provided I don't allow myself to be greedy and attempt reps that I'm not certain I'll complete--failed reps reinforce bad technique and strain the body's ability to recover far more.

I've generally followed this system every week without needing to take breaks or deload.

Brad Little: In general I feel most people need to simply do more deadlifting than specific variations. Simply deadlifting straight weight off the ground with varying weights and reps built my deadlift. I do speed pulls and wave band tension through some cycles, but nothing beats loading weight up and just pulling it. I do feel that pulling heavy isn't needed every week. If I am peaking for a meet I will sometimes only deadlift every other week. This is during cycles



Eric Lilliebridge is a star in the powerlifting world at only 22 years old, his 821 deadlift is a big reason why.

that I train at a higher percentage. Speed pulls are a great way to work technique and work best when done

after heavy squats or during deloads weeks in my opinion.

Eric Lilliebridge: My deadlift training is very basic and simple. I like to think of it more as like a pyramid type set up. Instead of adding weight/dropping reps each week, I just keep adding weight each workout and stick to pulling heavy singles. Pulling for reps before has always burnt out my lower back and I never felt recovered enough for when it came time for me to do heavy squats. I alternate my squats and pulls every other week, so I'm squatting and deadlifting twice a month. This allows me to train both of those lifts hard and gives me plenty of recovery time before I'm going through that movement/lift again.

All of my "heavy" training is based around meets. I find a meet that I want to do and I back track 7 weeks out from the meet. The week

before the meet doesn't count because it's a resting week, so basically its 6 full weeks of training. I pick a goal weight by the meet, usually 10-20lbs more than my previous PR and I start plugging in numbers each training week that I will need to hit to approach this new max PR come meet day. I work up to 3 heavy singles each deadlift workout and add weight to each of those singles every week, mainly on the final single pull.

To give an example of what this would look like, let's say your goal weight for the meet was to deadlift 700lbs. From there you start back tracking and these are the numbers I would choose if this were me training for this weight. The last heavy pull before the meet I would work up to around 675lbs, a heavy weight close to your goal weight but should still be fast and smooth. 2 weeks before that work up to 650lbs for a single, and 2 weeks before that (the first deadlift training day) start with 625lbs for a single.

The warm ups sets are all depending on you and what kind of jumps you like to make. But the most important one is the final single because that is what's going to peak you perfectly to attempt your goal weight at the meet. So it would look like this, workout #1 work up to 625lbs, workout #2 work up to 650lbs, workout #3 work up to 675lbs, then meet day 700lbs. Over that period of time you gradually increase the weight for each workout. In-between these deadlift workouts would be your heavy squat days, so between deadlift workout #1 and #2 is a full 2 weeks before you're pulling again.



The sumo deadlift is a very technical movement and Brad Little is a master of it.

SUMO DEADLIFT TIPS

BY BRAD LITTLE

Brad Little of Berea Barbell is the best US multiply 181 deadlifter with a pull of 730 pounds. Brad is a true technician of the deadlift and has his eyes set on an 800+ pound pull in the near future.

-One of the best sumo tips I can give it to keep the bar as close to you as possible. Letting the bar drift away from you simply makes a pull harder. The closer the bar is to your center of gravity the more control you will have over it and this is often looked over with sumo deadlifting.

-Keep your knee directly over your ankle at the bottom position of

your pull. If your knees aren't over your ankles you aren't creating the most power possible with your entire lower body.

-Many people know about using baby powder on their legs to make the bar glide easier, but I have found the armpits create a ton of friction. I use baby powder on the insides of my arms and arm pits before my last 2 attempts at every meet.

-Learn to push your hips through as soon as the bar passes over your knees, this will make your range of motion much shorter and the entire deadlift much more efficient.

Spread your knees as hard as possible while breaking the bar off the floor.

Maximizing the effectiveness of your deadlift suit is a must when competing in gear. Check out some more tips from Brad about how to do that...

-I have found that wearing a suit that is slightly looser in the hips but cranking the straps really helps off the ground.

-When getting your straps set always arch hard. You want your arch to be locked in to minimize lumbar rounding during the pull.

-Starting position is everything with a geared deadlift. You should practice form more than anything else and really focus on starting the same every time. If you struggle at the bottom start with your hips slightly higher and the straps cranked with a bit of a neutral

positioned back. If lockout is your weak point you should learn to start with your hips lower and your back as close to the locked out position as possible. This will make pushing your hips through much easier.

JUGGERNAUT DEADLIFTING

BY CHAD WESLEY SMITH

Chad Wesley Smith, the founder of Juggernaut Training Systems, has a diverse competitive background. Smith was a 2x National Champion shot putter in college with a PR of 63'10.25" (19.46m), before becoming the American Record holder in the squat with 905 pounds (belt and wraps) in the 308 class, as well as a 785 deadlift in powerlifting competition and 835 deadlift in strongman training (with straps). Smith has now turned his attention towards Strongman, as well as continuing to help athletes reach their maximum potential through his role as head physical preparation coach at Juggernaut Training Systems. Learn more at JTSstrength.com

My approach to deadlift training is simple and with that being said, you must understand that there is a tremendous difference between something being simple and something being easy, because nothing about building massive pulling power is easy. I build my deadlift with a combination of intensity, volume built through multiple low rep sets, attacking weak points with intelligently chosen supplementary work and building a massive posterior through accessory work.

The best way to improve at anything, is to do the thing you are trying to improve at. If you want to throw a football better, you don't

Chad Wesley Smith knows there is no replacement for hard work when it comes to building a huge deadlift.



throw a baseball, if you want to sprint faster, you don't ride a bike, if you want to deadlift more weight, you don't do good mornings, you DEADLIFT. The deadlift for strongmen and powerlifters is practice for their sport and too often they tend to lose sight of that fact. While every athlete will do drills to enhance portions of their sporting skill (tackling drills, layup drills, etc) there is no replacement for scrimmaging and that's what training the deadlift is for powerlifters and strongmen. Of course there is a place for drills (partial range pulls, extended range pulls, pulls against bands, etc) but you have to scrimmage, ie. Full range deadlifts from the floor, if you really want to improve.

HERE IS AN OVERVIEW OF A TYPICAL DEADLIFT SESSION FOR ME...

- 1-Dynamic Warmup
- 2-Deadlift from Floor-Up to a 1-3rm
- 3-Compensatory Acceleration Training Deadlifts-3 to 10 sets of 2 to 4 reps with controlled rest periods
- 4-Supplementary Deadlift Variation-Either specific work for the bottom, midpoint or top half of the deadlift
- 5-Assistance Work-Bodybuilding style work for the lats, traps, hamstrings and low back.
- 6-Abdominal Work-Weighted work for the abdominals and obliques.

<http://www.youtube.com/watch?v=AZtHu1cXQQw>

When you are training your top sets of the deadlift, it is important to stay relatively calm and focus on your technique, save getting pumped up for competition, where the increased adrenaline will



make you that much stronger. Training at too high of an arousal level will make your training much more taxing to your CNS and diminish the carryover you get from training to meets.

Always focus on moving the bar as explosively as possible, from your warmup sets to your final accessory movement, you should be trying to rocket the weight up. Building speed is the primary way to improve your deadlift, if you are able to become explosive off the floor, your increased momentum will undoubtedly increase your lockout strength.

The deadlift is probably the greatest test of mental fortitude in all of lifting. Before approaching the bar, fill your head with images of you successfully completing the lift, remove all doubt from the equation. To quote my friend and great coach, Josh Bryant, you must “Commit to the Pull!” Know that once your hands are on that bar, you won't let go until you have locked it out. Big deadlifts hurt, there is no way around the excruciating pain they induce, but the pain you will feel from missing a new PR is far worse than the pain you will feel training hard for it.

JUGGERNAUT DEADLIFT MANUAL

