

5 Tips on How to Increase Your Deadlift!



1. Learn the proper form you can do Conventional deadlifts or Sumo, take the time to learn the proper form. Keeping your head neutral, spine straight, head looking forward, load your hamstrings and glutes. Use your legs to move the weight not your lower back. Think about keeping the weight on the heels of your feet on these and push through the floor as you pull it away. Think of

it as almost leg press.

2. Do accessory lifts like: Deficit Deadlifts, Trap Bar Deadlifts, Rack Pulls, Banded Deadlifts, and RDL on these focus on strength and hypertrophy. (sets of 5-12 reps)
3. Use chalk or Wrist wraps to add to your grip strength, often our legs/ back are much much stronger than what our hands can hold onto.
4. Train Deadlifts no more than 1-2x a week, Deadlifts are taxing on the central nervous system, doing too many deadlifts in week or month could end up taking away strength if

