

Ce site utilise des cookies provenant de Google afin de fournir ses services, personnaliser les annonces et analyser le trafic. Les informations relatives à votre utilisation du site sont partagées avec Google. En acceptant ce site, vous acceptez l'utilisation des cookies.

EN SAVOIR PLUS OK !

Thursday, May 4, 2017

## Bodybuilding Workout: Proper Deadlifting Training Techniques

Without a doubt, the *deadlift* is one of the top three movements a bodybuilder can use to add mass to his physique. Not only does it train the back, but it adds overall mass to the entire frame. **Proper deadlifting technique** can lead to new gains in muscle and strength. Improper lifting, however, can lead to serious injury which can keep you out of the gym for months, or suffering from back pain for the rest of your life. It just takes one bad rep to change your days – forever. This is why deadlifting should be taken very seriously. Here are some tips you can follow to help make your deadlifting workouts safer and more productive.



### Start right

You need to create a vertical line from the ground, starting with your shoulders and leading to your ankles. The bar should be in the middle. Your feet should be just a bit wider than your shoulders' width apart, and the deadlift bar should be pressed up against your shins. You may want to be wearing sweat pants, or have your shins chalked up well. Proper deadlifting leaves your shins quite nicked up. If you're allowing a gap there, you are leaving yourself open to injury and lifting less weight than you are capable of moving. Don't sell yourself short – keep the bar pinned to your shins.

### Initiating the lift

The legs, and not the back, are the muscle group which begins the deadlifting motion. Make your lift a graceful tug from the starting position. The only "jerk" involved here will be the guy doing the deadlifts, as you'll be in your own lifting zone, oblivious to those around you. There is no need to yank the bar, as we see in some *powerlifting* meets or even Olympia competition. Most injuries that take place to the back during the deadlift occur during this initial jerking phase. Move the weight slowly and deliberately. If you have to pull violently, you are using too much weight. Remember, your goal as a bodybuilder isn't to move 1000 pounds on the deadlift. Rather, it is to build the most impressive back. You cannot do that if you are injured.

### Back straight

Never, ever allow your back to become rounded during the deadlift. This may allow you to use more weight, but it also exposes the ligament in your back to risk of injury. This also includes the neck, which should remain in perfect alignment with your torso throughout the lift. Rounding the back and turning the head have cost many a good deadlifter the best years of his lifting career!

### Leave the biceps at home

Well, don't take this instruction literally. Rather, make a conscious effort to use the arms and hands as hooks. Your biceps and forearms shouldn't be working hard to hold the weight. Rather, they should be innocent bystanders, minor tools for holding the barbell while your back does the vast majority of the work. If you want an arm workout, go find the dumbbells. If you want a complete back workout, stick with the barbells and letting your back do the work.

### ONLINE STEROIDS WITH CREDIT CARD

- Buy Primobolan by Dragon Pharma
- Cypionat 250
- Sustamed for Sale

No comments:

Welcome to RxBodybuilders.com!

RxBodybuilders - the world's leading steroids information project.

Since our inception, RxBodybuilders.com has always had one clear consistent mission: to be the world's leading provider of Bodybuilding Information for Pros And Amateurs alike and to be 100% unbiased.

Subscribe to RSS Feed



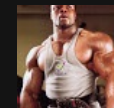
Search Bodybuilding Tips

Bodybuilding Ads

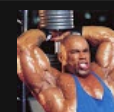
Bodybuilding Resources

- ▶ [Top Bodybuilders in the World](#)
- ▶ [Buy or Sell Steroids Online](#)
- ▶ [Bodybuilding Steroids Guide](#)
- ▶ [Buy Testosterone](#)
- ▶ [Buy Clenbuterol Online](#)
- ▶ [Buy Winstrol](#)
- ▶ [Methandrostenolone for Sale](#)
- ▶ [American Steroids Online](#)
- ▶ [Buy Steroids](#)

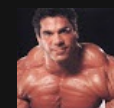
Top Popular Bodybuilders



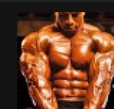
Brandon Curry  
Professional Bodybuilder



Kevin Levrone - Maryland  
Muscle Machine



Lou Ferrigno Famous  
Bodybuilder



David Henry The  
Bodybuilder

## Post a Comment

Enter your comment...



Comment as:

Select profile...

Publish

Preview

## Links to this post

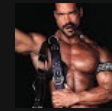
Create a Link

[Newer Post](#)

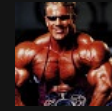
[Home](#)

[Older Post](#)

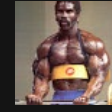
Subscribe to: [Post Comments \(Atom\)](#)



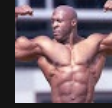
Rusty Jeffers IFBB  
Bodybuilder



Jay Cutler - The Arnold  
Classic Champion



Robby Robinson The  
Black Prince



Dayo Audi - Mister  
Universe



Paul Dillett Bodybuilding



Dan Lurie America's Most  
Muscular Man

## Bodybuilding Guide Archive

[Bodybuilding Tips for February 2018](#)

[Bodybuilding Tips for January 2018](#)

[Bodybuilding Tips for November 2017](#)

[Bodybuilding Tips for October 2017](#)

[Bodybuilding Tips for September 2017](#)

[Bodybuilding Tips for August 2017](#)

[Bodybuilding Tips for July 2017](#)

[Bodybuilding Tips for June 2017](#)

[Bodybuilding Tips for May 2017](#)

[Bodybuilding Tips for April 2017](#)

[Bodybuilding Tips for March 2017](#)

[Bodybuilding Tips for February 2017](#)

[Bodybuilding Tips for January 2017](#)

[Bodybuilding Tips for December 2016](#)

[Bodybuilding Tips for November 2016](#)

[Bodybuilding Tips for October 2016](#)

[Bodybuilding Tips for September 2016](#)

[Bodybuilding Tips for August 2016](#)

[Bodybuilding Tips for July 2016](#)

[Bodybuilding Tips for June 2016](#)

[Bodybuilding Tips for May 2016](#)

[Bodybuilding Tips for April 2016](#)

[Bodybuilding Tips for March 2016](#)

[Bodybuilding Tips for February 2016](#)

[Bodybuilding Tips for January 2016](#)

<a href="#">Bodybuilding Tips for December 2015</a>
<a href="#">Bodybuilding Tips for November 2015</a>
<a href="#">Bodybuilding Tips for October 2015</a>
<a href="#">Bodybuilding Tips for September 2015</a>
<a href="#">Bodybuilding Tips for August 2015</a>
<a href="#">Bodybuilding Tips for July 2015</a>
<a href="#">Bodybuilding Tips for June 2015</a>
<a href="#">Bodybuilding Tips for May 2015</a>
<a href="#">Bodybuilding Tips for April 2015</a>
<a href="#">Bodybuilding Tips for February 2015</a>
<a href="#">Bodybuilding Tips for January 2015</a>
<a href="#">Bodybuilding Tips for November 2014</a>
<a href="#">Bodybuilding Tips for September 2014</a>
<a href="#">Bodybuilding Tips for August 2014</a>
<a href="#">Bodybuilding Tips for April 2014</a>
<a href="#">Bodybuilding Tips for April 2012</a>
<a href="#">Bodybuilding Tips for March 2012</a>
<a href="#">Bodybuilding Tips for February 2012</a>
<a href="#">Bodybuilding Tips for January 2012</a>
<a href="#">Bodybuilding Tips for June 2011</a>
<a href="#">Bodybuilding Tips for October 2010</a>

**RXBodyBuilders.com** has created this privacy statement in order to demonstrate our firm commitment to privacy. The following discloses our information gathering and dissemination practices for this website: **RXBodyBuilders.com**.

We may use your IP address to help diagnose problems with our server, and to administer our Web site. Your IP address may be used to help identify you.

Our site uses cookies to keep track of user activity. We use cookies to save your password so you don't have to re-enter it each time you visit our site.

Our site's registration form requires users to give us contact information (like their name and email address). We use member contact information from the registration form to send the user information about our website. The customer's contact information is also used to contact the member when necessary. Members may opt-out of receiving future mailings.

This site may contain links to other sites, however, **RXBodyBuilders.com** is not responsible for the privacy practices or the content of such Web sites.

Any materials provided by users to **RXBodyBuilders.com** other than the information provided during registration including testimonials, accompanying images, photographs and personal accounts or stories are considered property of **RXBodyBuilders.com**