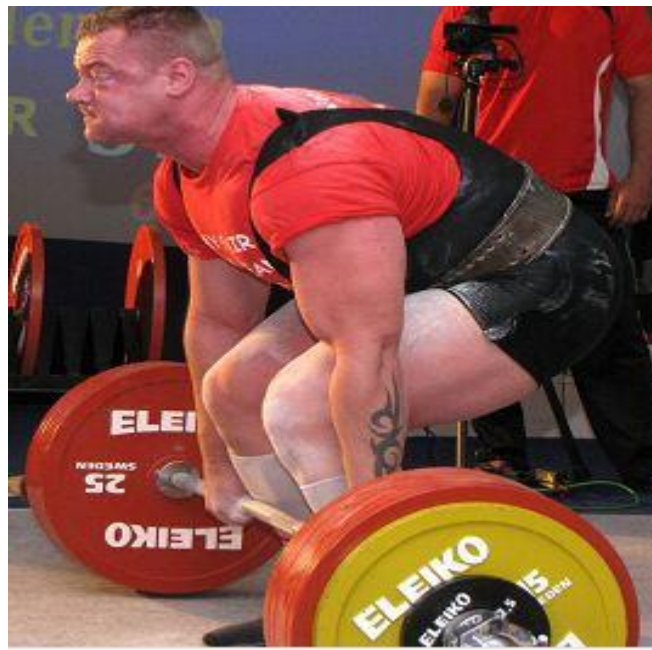




# European Powerlifting Federation

## COMPETITION POWERLIFTING REGULAR STANCE DEADLIFT:

The two hands Dead Lift is the king of the three power lifts. Most lifters say the competition starts when the bar is on the floor, because it is the ultimate test of strength. It is also the most important lift since it is the last and a good performance on this lift can make the difference between winning and losing



*Lifter in the starting position*

## Starting Position

In the regular stance Deadlift the feet are placed underneath the bar with a foot stance of about shoulder width or narrower, with toes pointed slightly outward. When looking down, the bar should be situated approximately over the arch of the foot.

The lifter bends down with feet flat and grasps the bar with both hands, just outside the legs. To stop the bar from rolling out of the hands, the palms should be facing in opposite directions (alternate grip). The back should be flat but not vertical, with the shoulders over the bar and arms straight, while keeping the bar as close to the shins as possible, the knees are then positioned ahead of the bar.

## The Ascent

Before commencing the lift, the lifter should take a deep breath and expand the chest. At this point the lifter should feel the arms straighten and the back being pulled tight as the hips move back and up. The bar is taken from the floor without jerking or bending the arms, using the muscles of the legs and hips. Throughout the strong hip and leg drive, the lifter should fight to keep the back flat. To further aid in maintaining this position, the head should be held erect and not allowed to drop, the chest should be kept ahead of the shoulders. If this position is lost the shoulders will slope causing the chest to concave and the

back to round over, as a result the bar will swing away from the body and will be extremely difficult to control and finish the lift.



It is essential that during the first phase of the lift from floor to knee height, that the bar should be eased back and inwards towards the shins, so that by the time it reaches the height of the knee it is central over the base. Once the bar passes the knee, it should lightly slide along the quadriceps; the bar however, should not be rested on the thighs. As the knees and hips extend, the upper back comes into play to achieve the final position. The lockout of the Deadlift is reached when the knees straighten and the lifter is standing perfectly erect with shoulders held back behind the chest. The final bracing of the shoulders and the locking of the knees should be done smoothly



