



European Powerlifting Federation

Wide Stance (Sumo) Deadlift

This is an alternative to the regular stance dead lift and a method that has been successfully used by some of the world's best competitors. In this wide stance the inner thighs and hips are used much more than in the regular stance dead lift. This technique is well suited to lifters of all physiques, because it shortens the lever arm, it is especially beneficial to those who are long in the torso. Nevertheless in order to do this lift efficiently one must possess flexibility in the adductors and strength in the hips. Dead lifting with the wide stance also requires a degree of patience from the lifter since, as opposed to the regular stance, the bar has a tendency to stay on the floor longer, after the initial forces has been applied.



Lifter in the starting position

Starting position

The lifter should place his feet under the bar as far apart as possible, shin should touch the bar with the toes and knees angled outward, given that the lower legs are vertical to the floor when in the bent position, hips at knee height and closer in to the bar and the back almost vertical. Shin length socks must be worn in competition to cover and protect the shin while dead lifting. The lifter should bend and grip the bar with both hands taking an alternate grip, placing the hands inside the knees and keeping the shoulders vertically over the bar and the head in a normal comfortable position. The hand spacing will be narrower than in the regular stance dead lift. To prepare for the pull, the lifter should take a deep breath and expand the chest. At this point the lifter should feel the arms straighten, the back being pulled tight and straight as the hips move back and up to the lift off position.



Lifter at the mid section

The Ascent

The lifter should begin to push downward with the hips and legs with increasing force while pulling up. Applying this force the lifter must hold a tight position as the bar clears the floor. To do so the lifter must concentrate on keeping the chest expanded ahead of the shoulders. This position will keep the bar close to the legs and will facilitate a superior mechanical application of strength as the bar moves upward. As with the regular dead lift, the hips and shoulders should raise simultaneously, with the angle of the back the same from start to near finish of the lift.



Lifter in the finishing position 1

Finishing Position

While pulling up and back as the bar moves past the knees, the lifter will feel the bar begin to accelerate, and the lifter must maintain control so that the torso does not come forward when the lift has been completed. The emphasis should be on locking the knees and pulling back the shoulders behind the chest to finish.

Note for coaches

When teaching this style, lifters may find it uncomfortable because they may not have the necessarily flexibility in the hip region. Another problem is that the strength Adductor

Muscles on the inside of the thigh tend to pull the knees in and so a lot of concentration is needed initially to keep the knees out over the toes.