

Men's Fitness

Raise The Deadlift

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Every month, a new move to help you lift more-immediately!

Under normal circumstances, keeling over in the middle of a [workout](#) could mean you're overdoing it-but with deadlifts, it can mean a new max lift. You see, by training yourself to fall backward as you perform the exercise, you position your body to generate greater strength for your lift. Take the following advice from Jim Wendler, a champion powerlifter from Elite Fitness Systems in London, Ohio, who used this very technique to deadlift more than 700 pounds.

HERE'S WHAT YOU DO

Stand over the bar with the same stance you would use to perform a jump. Keeping your lower back in its natural arch, crouch down and grab the bar overhand, your hands about shoulder-width apart. Your shoulders should be directly over or even a little behind the bar, and your eyes should be focused straight ahead. Now rock back on your heels so that you're a little off balance as you drive your feet into the floor and begin pulling-you should feel as though you're falling backward **[1]**. After the bar rises past your knees, pull your head back and turn your chin up toward the ceiling **[2]**. You'll probably stumble a bit during your warm-up sets because of the light weight. But once you're ready to lift heavy, the weight will act as a safe counterbalance.

"Many people try to pull the bar straight up," says Wendler, "but you should pull up and back." Forcing your center of gravity backward puts the glutes and [hamstrings](#) in a more powerful position, allowing them to extend your hips more easily. That allows for a stronger lift, and a new max to fall back on.