



STRENGTH
MENTORSHIP

FIX YOUR DEADLIFT

**THE STRAIGHTFORWARD GUIDE TO A
STRONGER, CLEANER DEADLIFT**



Why your deadlift feels heavy -
and how to fix it.

Kieron Barker | The Scottish Strength Coach

THE DEADLIFT IS NOT A SQUAT

If you set up like a squat, the lift will feel heavier than it should because your body is in the wrong position.

WRONG SETUP



RIGHT SETUP



A deadlift starts with a hinge, not a squat.

WRONG SETUP

- Hips too low
- Chest too upright
- Shoulders behind bar
- No lat tension

RIGHT SETUP

- ✓ Hips higher
- ✓ Shoulders over bar
- ✓ Bar over mid-foot
- ✓ Lats engaged



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YOUR DEADLIFT SETUP CHECKLIST

- ✓ Bar over mid-foot
- ✓ Shins touching bar
- ✓ Hips higher than knees
- ✓ Shoulders over bar
- ✓ Lats engaged
- ✓ Pull tension into the bar

CORRECT HINGE SETUP



BUILD TENSION BEFORE YOU LIFT

Before the bar leaves the floor, your body should already feel tight and loaded. This gives you a stronger set-up.

- ✓ Pull your shoulders to your hips
- ✓ Keep your chest over the bar
- ✓ Wedge your hips toward the bar
- ✓ Keep your head neutral
- ✓ Bend the bar without lifting it



Tension



No tension

WHY YOUR BAR DRIFTS FORWARD

If the bar rolls forward before you lift it, your set-up is out of position.

- Hips sit too low
- Lats not engaged
- Bar no longer over mid-foot
- Chest too upright

The bar should travel straight up in-line with your mid-foot.

BAR DRIFTS FORWARD



BAR STAYS OVER MID-FOOT



3 DRILLS TO FIX YOUR SETUP

Use these to reinforce your position and tension off the floor.



1. DEFICIT DEADLIFTS

Stand on a plate to increase range of motion and strengthen the start off the floor.



2. PAUSE DEADLIFTS

Pause 1-inch off the floor to reinforce tension and position before the bar moves.



3. SNATCH-GRIP DEADLIFTS

Grip the outer-rings to increase upper back tension from the start position.



READY TO **FIX YOUR** DEADLIFT?

You can use this guide yourself - or let me coach you through it.

OPTION 1

USE WHAT YOU LEARNED TODAY

Apply these setup principles in your next deadlift session and see how the lift feels.

OPTION 2

JOIN THE **DEADLIFT BOOTCAMP**

8 weeks of deadlift-specific coaching to rebuild your setup and stop relying on your back.

Programme | Video feedback | Test week

BETA GROUP: CAPPED AT 10 PEOPLE

JOIN FOR £59.99
OR 2 X £34.99

CLICK HERE TO JOIN



Or DM me 'DEADLIFT' on Instagram if you want help first.