



ROMANIAN DEAD LIFT (RDL)



STARTING POSITION - Grip the bar with a clean grip (just outside the legs). Place your feet hip width apart and flat on the floor. The knees should be slightly bent and your back should be straight. Keep your eyes focused straight ahead and your shoulder blades pinched together.



DESCENT & BOTTOM POSITION - Lower the bar down your legs until you feel a stretch in the hamstrings by pushing the hips back, keeping your knees slightly bent. This should be somewhere between your knees and the middle of your shins. The bar should remain within a couple inches of your legs during the entire movement. Your back should remain straight, chest and shoulders will be ahead of the bar, and arms are straight.



FINISH POSITION - Stand erect by contracting the hamstrings and lower back, pulling the bar upward to the starting position. Once standing tall, take another breathe and reset for next repetition.