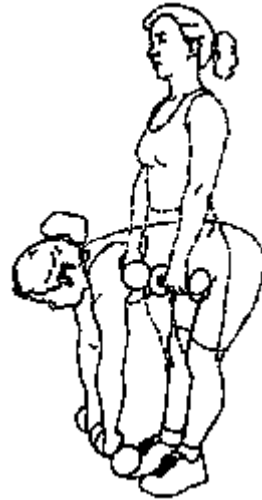


Stiff-legged Deadlift

- Stand with your feet about shoulder width apart, holding dumbbells or a barbell on the front of your thighs
- Keep your legs straight, but not locked, throughout the exercise
- Keep your posture tall, shoulders back, eyes looking across the room near the ceiling
- Maintaining strong stomach muscles, push your hips out behind you while keeping your legs straight, lowering the weight until it is about knee height, or the level just before your back starts to bend
- Do not try to touch the floor, and keep your back straight at all times.
- Squeeze your hip muscles, pushing your hips forward as you raise the weight up to the starting position
- The weight should be touching your legs at all times
- Most of the motion is your hips moving from front to back, the rest is from the weight moving up and down
- **IMPORTANT:** Do not allow your back to round out or arch at anytime
- The hamstring muscles are much stronger than you can imagine. However, be careful, your body may be able to lift more than your hamstrings are ready for and can lead to soreness.



Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
