

Terry McCormick (at left) and Vince Anello were world powerlifting champions in the '70s who broke world records in the deadlift. With his long arms and relatively short back, Anello had superior leverages for this lift because he could start the lift from a greater height.

Deadlift Tips

Practical advice on the best way to get strong with this powerful exercise

BY DR. GREG SHEPARD, BFS FOUNDER

(Editor's note: Although this article on the origins of Coach Shepard's training methods was written 13 years ago, the ideas are still relevant today.)

There is absolutely no question about it: The deadlift is the most misunderstood lift in America today. Many coaches tell me

they are concerned that it can cause lower back pain, and certainly there are several deadlifting mistakes that can cause this problem. Here are three valuable tips to help athletes deadlift more weight and perform the exercise safely:

Tip 1. Only perform low reps. To perform more than 5 reps in the

deadlift, especially in the 10-rep category, is asking for serious trouble. The maximum number of heavy reps that should ever be attempted in the deadlift is 5.

There have been some so-called "professional research studies" that recommend athletes should perform one

set of 7-12 reps to exhaustion. Most of these studies do not include the deadlift. For example, an eight-week study of students in a physical education class doing curls and bench presses does not constitute reliable research for heavy power weight training. In fact, it is inexcusable to make such comparisons. It is quite obvious that heavy deadlifts were never done by these strength coaches in their personal training.

It is dangerous and foolhardy to do more than 5 reps. As the body becomes fatigued from doing too many reps, it becomes difficult to maintain good form. Deadlifting is grueling work but

highly rewarding if you keep your reps down to 5 or less.

#2. Only deadlift once a week.

The deadlift is a challenging exercise that requires a relatively long recovery time, so only one deadlift workout per week is necessary.

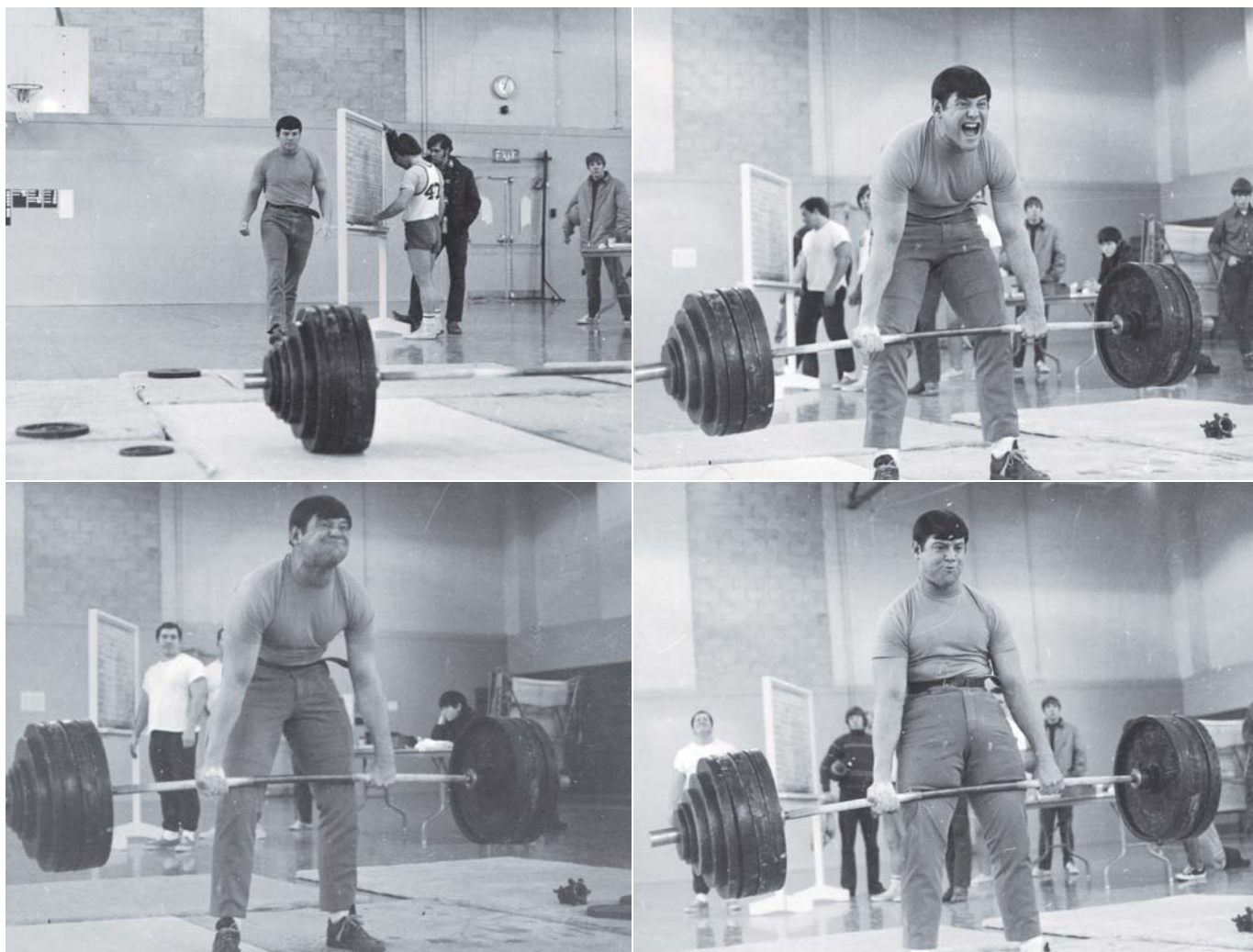
#3. Do not pause between repetitions.

This is critical! Do not pause with the weight on the floor between reps. Performing reps in this manner puts great stress and pressure on the lower back and the lifter's entire system. Slightly bounce the weight, making certain the bar is very close to the shins. Bouncing keeps the body "locked in" at

all times while aiding the beginning of the lift with momentum. Your athletes will see a gigantic difference when you have them make this change. Another benefit is that they'll lift more weight.

The deadlift can be a coach's most valuable motivational tool, and it is a superior core lift for developing total body power. Follow these training valuable tips and help your athletes achieve upper-limit strength and power!

(Editor's note: BFS now prefers the hex bar deadlift over the straight bar deadlift, but the straight bar deadlift can still be used as a core exercise in the BFS Total Program.) BFS



BFS Founder Dr. Greg Shepard was an exceptionally strong athlete who excelled at the deadlift.



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1/18/14	White Plains HS	White Plains	NY
1/26/14	SUNY Cortland	Cortland	NY
Spring '14	TBA	SLC	UT
2/22/14	Dulaney HS	Timonium	MD
2/22/14	St.Marys HS	Medford	OR
Spring '14	Monte Vista HS	Spring Valley	CA
2/10/14	Montgomery City HS	Mont. City	MO

Date	Location	City	State
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Spring '14	Shorecrest HS	Shoreline	WA
4/26/14	Fitchburg HS	Fitchburg	MA
Spring '14	Liberty HS	Henderson	NV
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