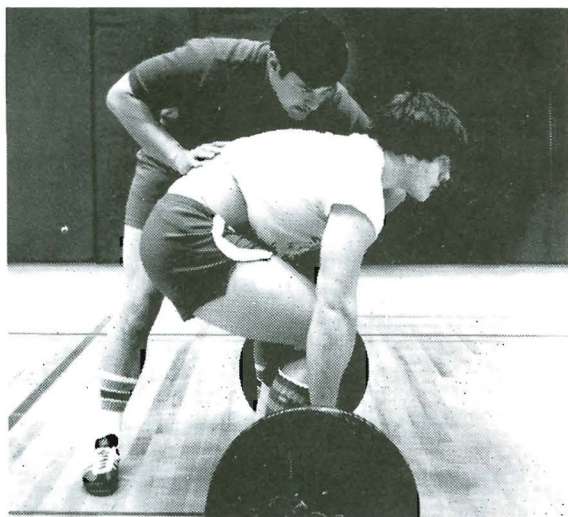
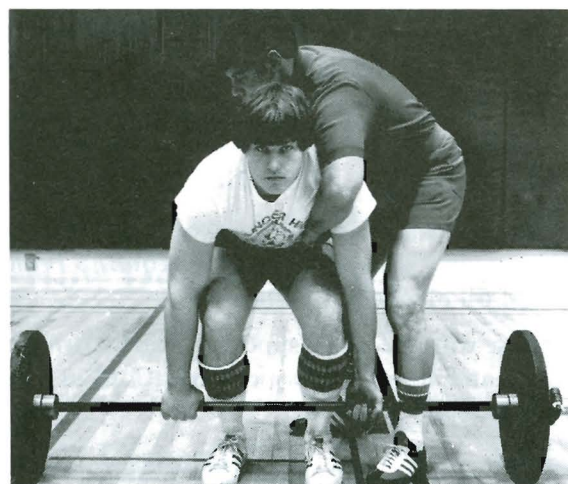


# The Dead Lift: Doing It Right



*Spotting Technique: Place one hand on lower back. Push in slightly to keep it in good position.*



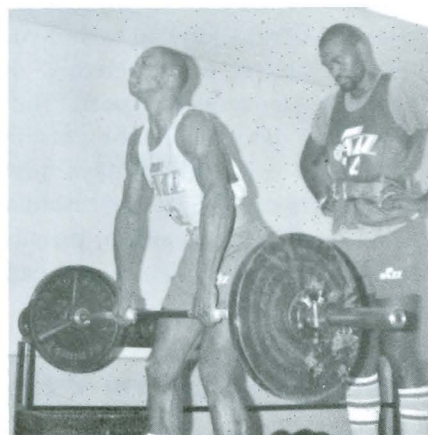
*Spotting Technique: Spot on the side where the lifter has his hand wider. Place crook of elbow over the front of shoulder and arm under chest.*

The dead lift is the most misunderstood lift in America. Most strength coaches are unnecessarily afraid of it. All you need to do is use this spotting technique and your kids can lift tremendous poundages without fear of lower back pain. The spotter will help a little on the start of the lift, but his main job will be to pull the lifter back so that the weight is on the lifter's heels. After the lifter gets the bar past his knees, the spotter releases all pressure and the lifter completes the lift on his own. Paul Kendrick dead lifted 665 lbs. for a B.F.S. Clinic College record and an average high school starter can do 400 lbs. with this spotting technique. If you go for a max in a group or as a team, the enthusiasm and team spirit generated can be unbelievable. Coaches who leave the dead lift out of their program are really missing a great opportunity.

## Hints on the Clean

**Safety:** Insist that a big area, at least 48 square feet, be cleared completely for the clean. Because of the nature of the clean, a lifter needs plenty of uncluttered area for safety.

**Back Strain:** I've heard a number of coaches complain about the clean because their athletes bend way back on a maximum attempt and strain their back. Sometimes the bend of the back is nearly parallel to the floor. A simple solution is just don't count any cleans with more than a little back bend. If it doesn't count, they won't do it.



*Carl Nicks of the Utah Jazz executing a clean with his spotter in back.*