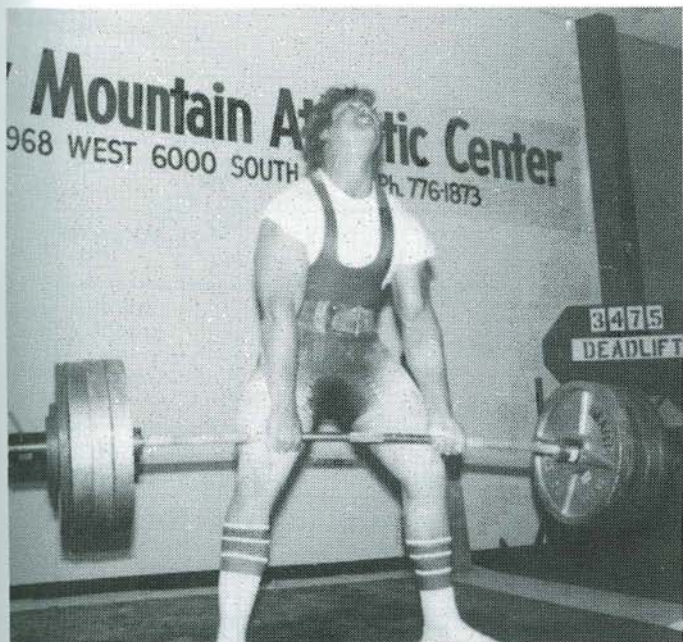


# DEAD LIFT TIPS

By Dr. Greg Shepard



Joe Clifford: Deadlifting on Coach Shepard's A.A.U. Team. Joe Weighs 260 and is Dead Lifting 347.5 Kilo or 764, his best is 805.

## Dead Lift Tips

There is absolutely no question about the dead lift. It is the most misunderstood lift in America today. The dead lift can be a coach's most valuable motivational tool. However, many coaches complain to me about lower back pain. Many mistakes are made which cause this problem. We have written several articles about

spotting and our book, tapes, posters and cassettes describe how to spot to keep the weight back on the lifter's heels to prevent lower back pain. Here are three more tips which should prove valuable.

### Number of Reps:

To do more than 5 reps, especially in the top rep category, is **SUICIDE**. The maximum number of heavy reps that should ever be attempted is **FIVE**. There have been some so-called "professional strength coaches" that recommend one set of 7-12 reps to exhaustion. They say their studies show this is the right way. An 8-week study with a physical education class with 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 heavy dead lifts 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 because of too many reps, it becomes harder and harder to maintain good form. Dead lifting is gruesome but highly rewarding if you'll keep your reps down to 5 or less.

### Number of Times Per Week:

Only one time per week is really needed.

### Technique of Rep Work:

This is critical. *Do not* pause with the weight on the floor in between reps. Doing reps in this manner puts great stress and pressure on any lifter's lower back and his entire system. Bounce the weight making sure the bar is very close to the lifter's shins. Bouncing keeps the body "locked in" at all times while aiding the beginning of the lift with momentum. The difference is gigantic. Your athletes will love you for this change. Also, an added benefit is that they'll lift more weight.

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