Straight Leg Barbell Deadlift

Select a weighted barbell. Stand with your feet hip distance apart and your knees straight but not locked. Place hands shoulder width apart on the bar with an overhand grip. Draw your shoulders down and back to stabilize your shoulder blades.

Inhale and hinge forward from your hips. Lower the bar toward the floor. Keep your knees slightly bent and your back flat throughout the motion. Beginners may want to stop when the back is parallel to the floor. At the bottom of the motion engage your hamstrings. Exhale and stand up with a flat back.