Dumbbell Straight Leg Dead Lift

Hamstrings

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

Erector Spinae (Lower Back)

Inhale and hinge forward from your hips. Lower the dumbbells 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.