

Ben Brown

Body Composition/Fat Loss Moderate Demand - Decrease bodyfat

Sumo Deadlift



Sets: 2-4 Reps: 12-15 Intensity: 2 RR Tempo: 2-0-2

Instructions

1. Standing with your feet a bit wider than shoulder width with toes slightly turned out.
2. Reach down keeping the natural arch in your low back.
3. Grasp the bar with your arms inside your legs.
4. Pick your chest up, look forward inhale, then draw your belly button inward.
5. Bend forward slightly until the bar is at knee level; lift the torso to the top position, exhaling through pursed lips through the most difficult point of the movement. Imagine trying to push the ground away from you with your feet.
6. At the top repeat the inhaling process before lowering to the ground.

