

## IMPROPER DEADLIFT FORM



### DON'TS

1. Don't keep knees straight.
2. Don't keep back, shoulders, and neck bent and limp.
3. Don't release ab muscles.

## PROPER DEADLIFT FORM



### DO'S

1. Keep back, shoulders, and neck straight and facing forward.
2. Slightly bend knees.
3. Keep abs tucked in.

# Deadlift Manual

**ML Yell**



## **Deadlift Manual:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **Deadlift Manual** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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