

The Deadlift... (continued)

Doc and Coach

(Transcript of actual conversation)

Doc: Many of my patients shouldn't be doing the deadlift.

Coach: Which ones are those, Doc?

Doc: Many are elderly, marginally ambulatory, and frail/feeble and osteoporotic.

Coach: Doc, would you let such a patient, let's say an old woman, walk to the store to get cat food?

Doc: Sure, if the walk weren't too far, I'd endorse it.

Coach: All right, suppose after walking home she came up to the front door and realized that her keys were in her pocket. Is she medically cleared to set the bag down, get her keys out of her pocket, unlock the door, pick the bag back up, and go in?

Doc: Of course, that's essential activity.

Coach: As I see it the only difference between us is that I want to show her how to do this "essential activity" safely and soundly and you don't.

Doc: I see where you're going. Good point.

Coach: Doc, we haven't scratched the surface.

Deadlift

- Look straight ahead
- Keep back arched
- Arms don't pull, they're just straps
- Bar travels along legs
- Push with the heels

The deadlift, like the squat, is essential functional movement and carries a potent hormonal punch. This is core training like no other.



Crossfit Training Guide

O García



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