

**DEADLIFT
BROKEN?
FIX 90%
NOW.**

FIX THIS

**MASTER THE
PERFECT PULL**

**LIFT HEAVIER,
AVOID INJURY**



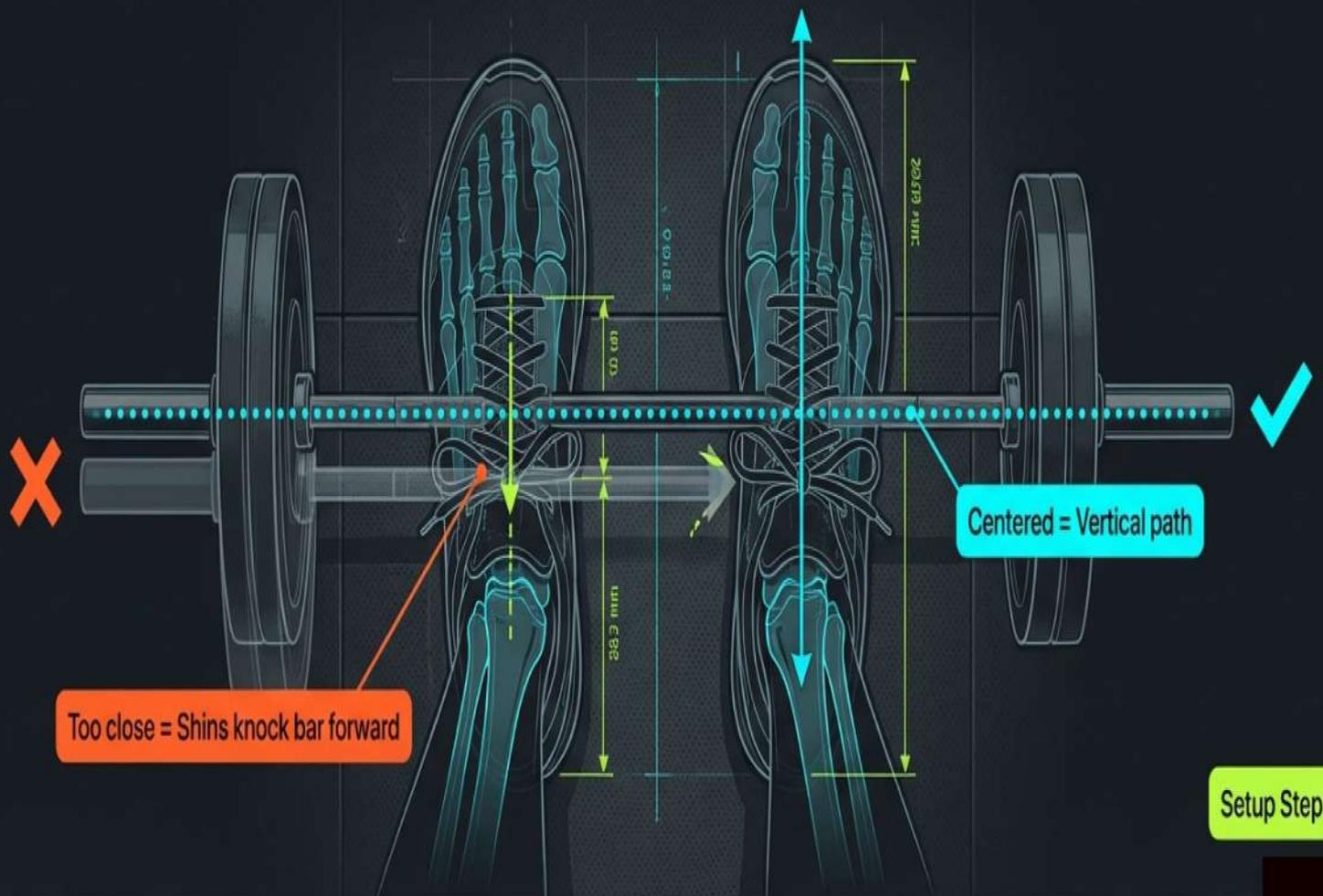
SWIPE TO UNLOCK

CLUB:24
CONCEPT GYMS

MIDFOOT. NOT SHIN.

Bar over the shoelace knot.

If you look down, the bar cuts your foot in half.

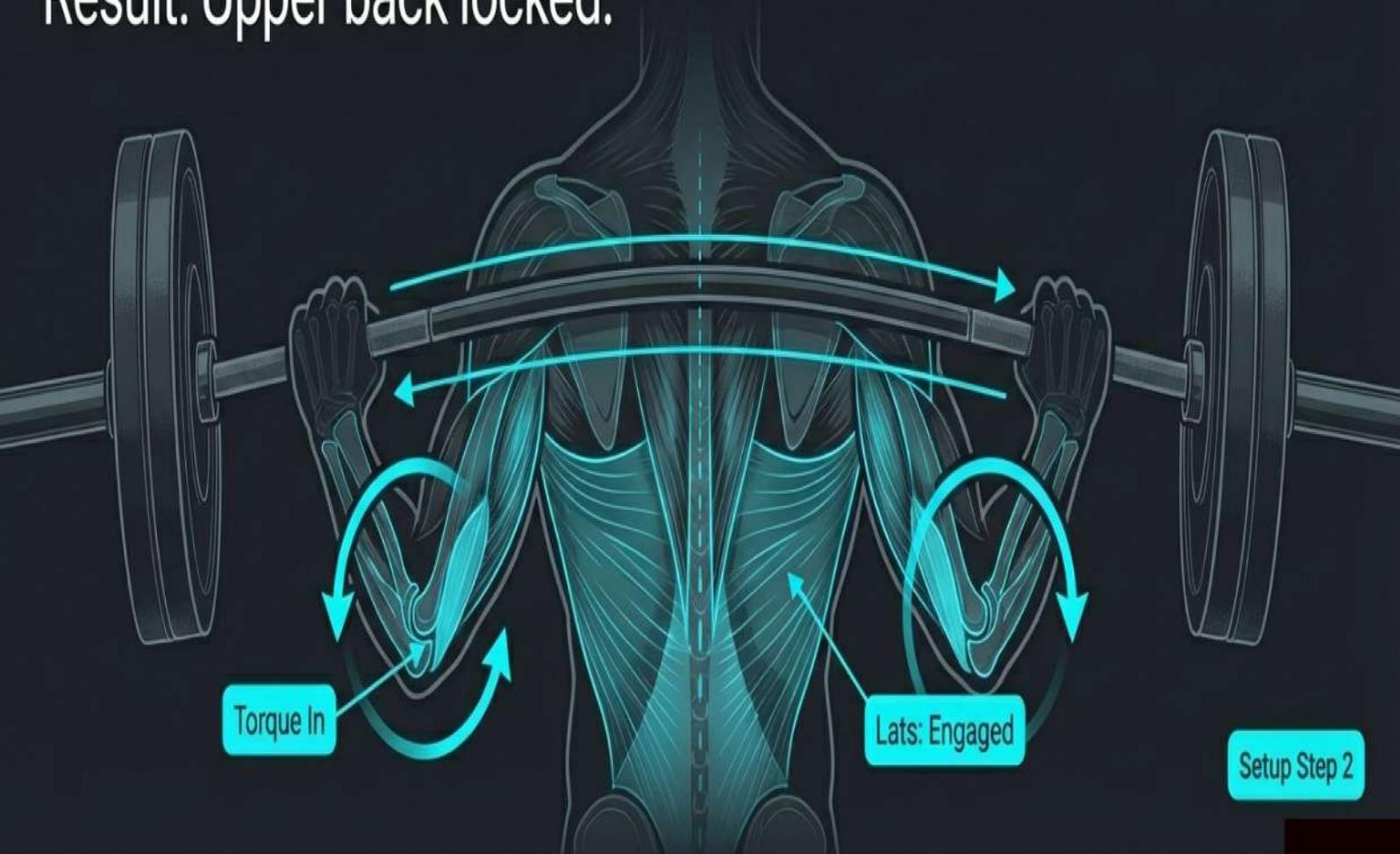


BEND THE BAR.

Hands are hooks. Arms are ropes.

Rotate armpits to pockets ("Squeeze Oranges").

Result: Upper back locked.



PULL THE SLACK.

Hear the “click” before the lift.
Wedge hips to bar. Chest to wall.
The bar should feel heavy
BEFORE it moves.

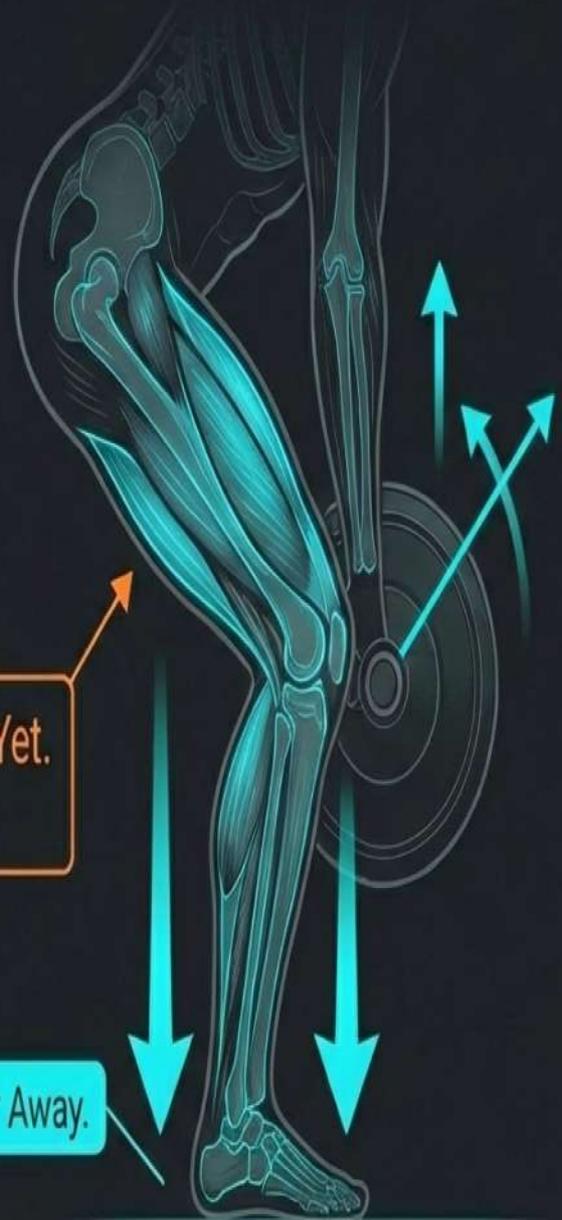


Spec

No jerking off the floor.

PUSH THE FLOOR AWAY.

It starts like a leg press.
Knees extend. Torso angle stays
the same. If hips shoot up
early, you stopped pushing.



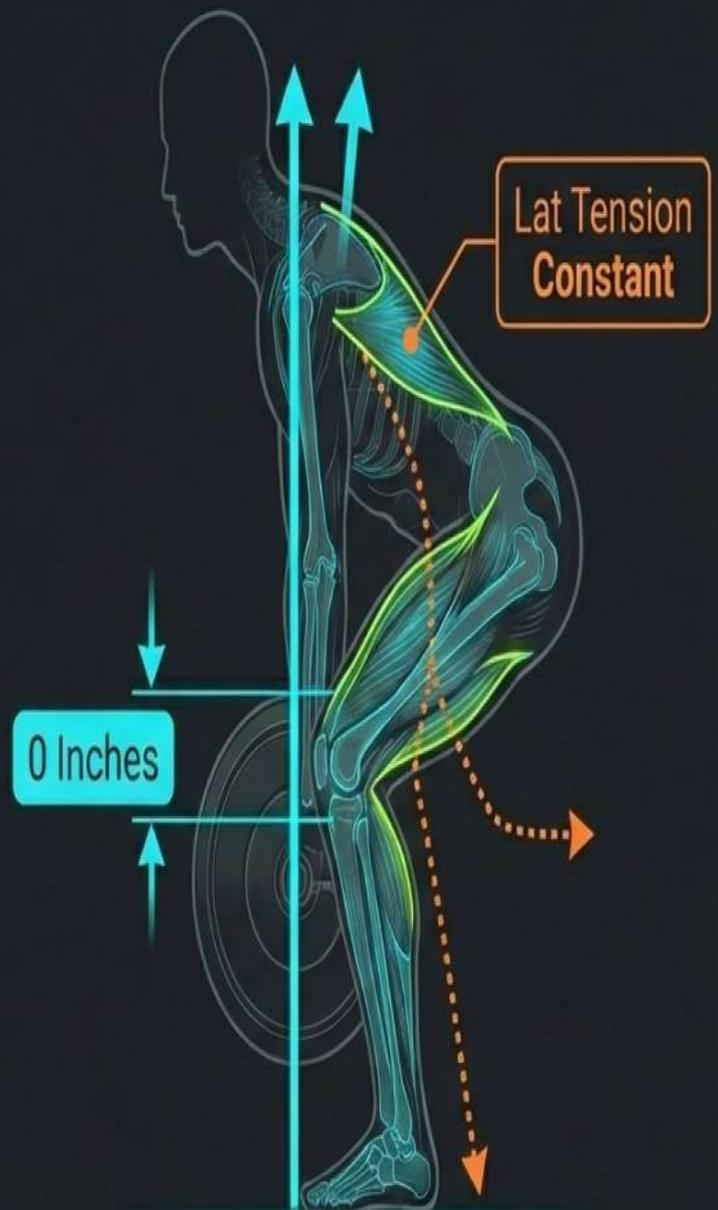
Tip
Don't Pull Yet.
Push.

Spec
No jerking off the floor.

Drive Floor Away.

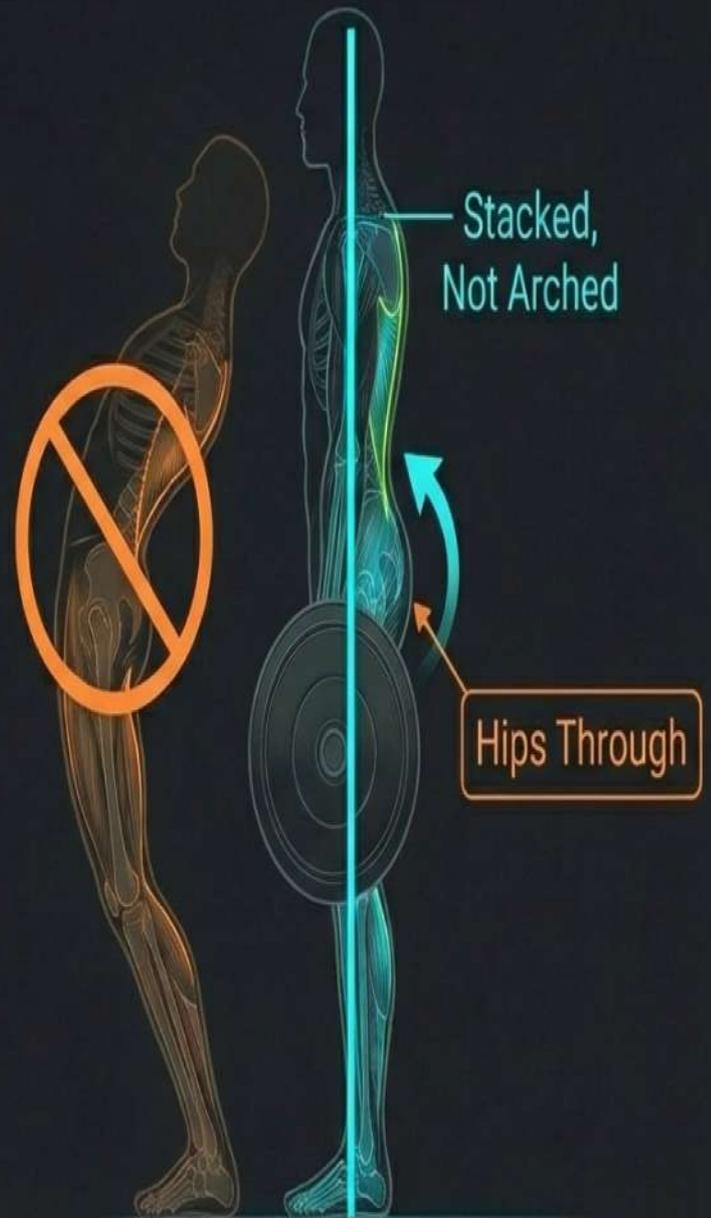
DRAG IT UP YOUR BODY.

Paint your legs with the bar.
Lats keep it pinned to your skin.
Shoulders stay over the bar.



STAND TALL. DON'T LEAN.

Glutes drive hips through.
Ribs down. Head neutral.
Leaning back is fake strength.



THE 7-STEP CHECKLIST.

1. Bar over midfoot.
2. Hinge and grip.
3. Shins to bar.
4. Big air 360°.
5. Lats on ('Bend the bar').
6. Pull slack / Wedge hard.
7. Push floor away & Drag.

Run this every rep.