

Romanian Dead Lift (RDL)



Description: Start with feet hip width apart and a slight bend in the knees. Engage the abdomen (think about bringing belly button to spine). This is extremely important for stabilization through the next part of the movement. Straighten spine from base of head (tuck chin in) to tailbone and push hips back. As soon as you feel a small stretch in the hamstring, use hips to drive to standing position. Spine should still remain long. Repeat.

****Tip:** Try movement without weight, and then add weight once you have the form down. Set upper back position by slightly rolling shoulders back and down while squeezing the shoulder blades together--maintain this posture through the entire movement. Hinge from the hips.

Sets/reps: 10-12 reps for 3 sets. Increase weight once you can do more than the suggested reps before reaching muscular fatigue.

Modifications: This exercise can be done just body weight, with dumbbells or a barbell.

Common Mistakes: Rounding the spine, or arching the back and hinging at the low back instead of at the hips

Target Muscles: Glutes, hamstrings.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.