

Advanced Exercise Prescription

Assignment 1

Introduction:

The deadlift is an exercise that uses muscle groups in both upper and lower parts of the human body. Farley (1995) observed that the deadlift is a simple movement to perform, making it an ideal exercise in a person's strength and conditioning programme. Furthermore, Farley (1995) makes the observation that the deadlift is performed and used by both power lifters and weightlifters, therefore a proper understanding of this lift is both important to both beginners and athletes alike. The deadlift is widely accepted by many authors (Stephen, 2010) and coaches to be one of the best exercises to develop and build "total body strength". Snape (2017) points out the deadlift, if performed safely, can strengthen bones in the body, can challenge every muscle across the posterior chain and test a person's grip strength and core stability. However it will be important to look at the variations of the deadlift and their uses and benefits. Variations of the deadlift include the sumo deadlift, snatch grip deadlift and the Romanian deadlift (Devar, 2017).

Justifying the use:

The deadlift is one of the most powerful and successful exercises according to exercise users and activates many muscles within the human body. It includes muscles such as the upper and middle trapezius, hamstrings, obliques, soleus, rhomboids and quadriceps. However, Francesco (2008) makes the observation that in today's world many people no longer use the deadlift due to false fears about the deadlift being hazardous for a person's spine and vertebral. He explains that these fears refer to modern people's lack of understanding and knowledge on human anatomy and kinesiology. Chek (2004) says that many adults in today's society lack good balance, motor skills or core stability. In order, for a person to regain these skills and abilities, one of the recommended exercises is the deadlift as it strengthens

muscles and improves a person's core stability. Using the deadlift exercise may also benefit in weight loss.

Hashimashi (2018) states that deadlift (and all of its variations) can help a person rise their metabolism and build muscles. The more muscles a person builds on the easier it will be for weight loss. Another benefit of a person's health through deadlifting is that, it can be done by anyone at any age or in the words of Ian King "Never too young or old". In the case of older adults research has shown that two months of strength training, using exercises like deadlifting can reverse two decades of strength and muscle loss (King, 2003). However, it should be noted older adults' may have pre-existing injuries and have limited grip and hip strength and would need more time to learn techniques and movements of the deadlift and its variations.

Techniques of the deadlift:

As stated before, the deadlift, if performed safely can strengthen bones in the body, can challenge every muscle across the posterior chain and test a person's grip strength and core stability. Deadlifting has the ability to increase the strength and size of the muscles of the posterior chain (Snape, 2017). These muscles include the calves, hamstrings, forearms, latissimus dorsi, trapezius, rhomboids and the biceps. The most commonly used technique of the deadlift is the barbell deadlift technique. This technique can be completed by firstly assuming a shoulder width stance with a person's feet pointing forward and the person's shins touching the bar. The next stage of the technique, the person should have knees bend slightly and holding the bar with a double over hand grip, in other words the person's palms should be facing at themselves. The next stage now will be for the person to push the floor away and to stand straight with the weight. The person should stand with their shoulders back and their chest should be locked out. The advantages of this technique are that it can lead to increased back, hip and hamstring strength with the improvement of muscles in the posterior chain (Snape, 2017). It can also lead to better transitioning for speed, power and explosive movements (Dewar, 2017).

Another technique for the deadlift is the Romanian deadlift. Frounfelter (2000) makes the observation that the Romanian deadlift is keystone in developing proficiency with

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