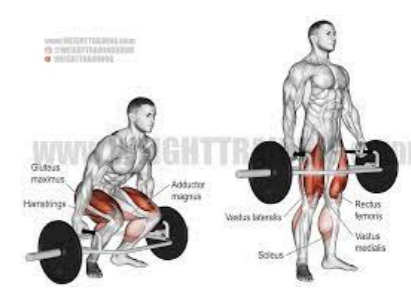


# Trap Bar Deadlift

**Do it Right!**  
Exercises you Should Do



The deadlift is arguably one of the most effective exercises you should be doing if you are at an Advanced Level. **The Hex Bar Deadlift is one of my favorite advanced exercises. It uses a different shaped bar than a traditional barbell.** All deadlifts involves lifting a stationary object off the ground while performing a hip-dominant movement. The “dead” refers to the fact that the weight is at a dead rest, so no momentum is used. It is important to ensure safety that you have sufficient mobility and range of motion before attempting to deadlift using an external load. Please see the squat and other functional tests. If you can not pass the squat test do not attempt a traditional deadlift. Try doing them off a rack or block rather than the 8” high standard bar position. **If you can not pass the Squat Screen Test or for that matter all functional tests listed do not do this or any other Advanced Exercise.** The barbell deadlift is one of the three lifts used in competitive powerlifting (the other two are the bench press and back squat). An intermediate version of this exercise are deadlifts with DBs or Kettlebells off of a raised rack or with a Hex Bar.

**HEX BAR DEADLIFT FORM:** This exercise is worth doing often, twice a week for someone advanced. Proper deadlifting form involves performing a hip hinge using the hip extensor complex to generate the upward forces to overcome the inertia of the weight. Stand with feet hip to shoulder width apart. Hinge at the hips by sinking back at your glutes while keeping your spine extended (locked in neutral), abdomen braced, and chest lifted up toward the ceiling (see bracing). Grip the bar with arms extended and elbows pointing back. Think about doing an anti shrug while squeezing shoulder blades together to help lock the back. Root your feet into floor trying to rotate outward with them as you push your feet into the floor to straighten your legs and lift your chest as you lift the weight off the floor. As you stand up think about pulling back on your knees and pushing your hips forward while keeping your back locked. At the top of the movement, hold your shoulders back as you keep your spine straight and tall. Pause for a moment before descending into the lowering phase. Slowly under control with all elements still braced push your hips back while keeping your spine locked and chest lifted into the air. At the bottom, pause, reset your hips and feet and repeat for the desired number of repetitions (keep reps low and form perfect). [TRAP BAR DEADLIFT FORM VIDEO](#)

The deadlift (Barbell, Hex Bar, KettleBell, Dumbbell) can help you improve total-body strength, while placing a specific emphasis on the posterior muscles involved in hip, knee and back extension. Increasing the strength of the posterior chain muscles can help you reduce or avoid low-back pain while also teaching you how to synchronize movement of the ankles, knees, hips and back into one pattern. The deadlift can help develop a level of strength that can be used for a number of other exercises or to improve performance in activities requiring significant levels of hip and core strength. The hexagon-shaped bar (hex bar), which allows the client to stand in the middle of the weight and hold handles on either side of the body is my favorite form of the deadlift. The hexagon bar is a more comfortable option for clients who don't like the feel of the bar against the front of their shins or who are concerned about developing a possible back injury. In a study, comparing a traditional barbell deadlift to one using a hex bar, found that the hex bar significantly reduced the torque on the lumbar spine, and participants were able to lift more weight when compared to the standard barbell. The authors also found that using the hex bar allowed the lifters to create more hip flexion ultimately developing more force from the hip extensor musculature. **The enhanced mechanical stimulus obtained with the hexagonal barbell suggests that in general the hex bar deadlift is a more effective exercise than the standard barbell deadlift (Study).** **The US Army has started to use the HexBar Deadlift as part of their Physical Readiness Testing Program.**