

Basic Barbell Training

no “time” to do them in the program. But doing them adds back strength, and back strength is necessary for the other lifts and for sports. So let’s learn how to do them.

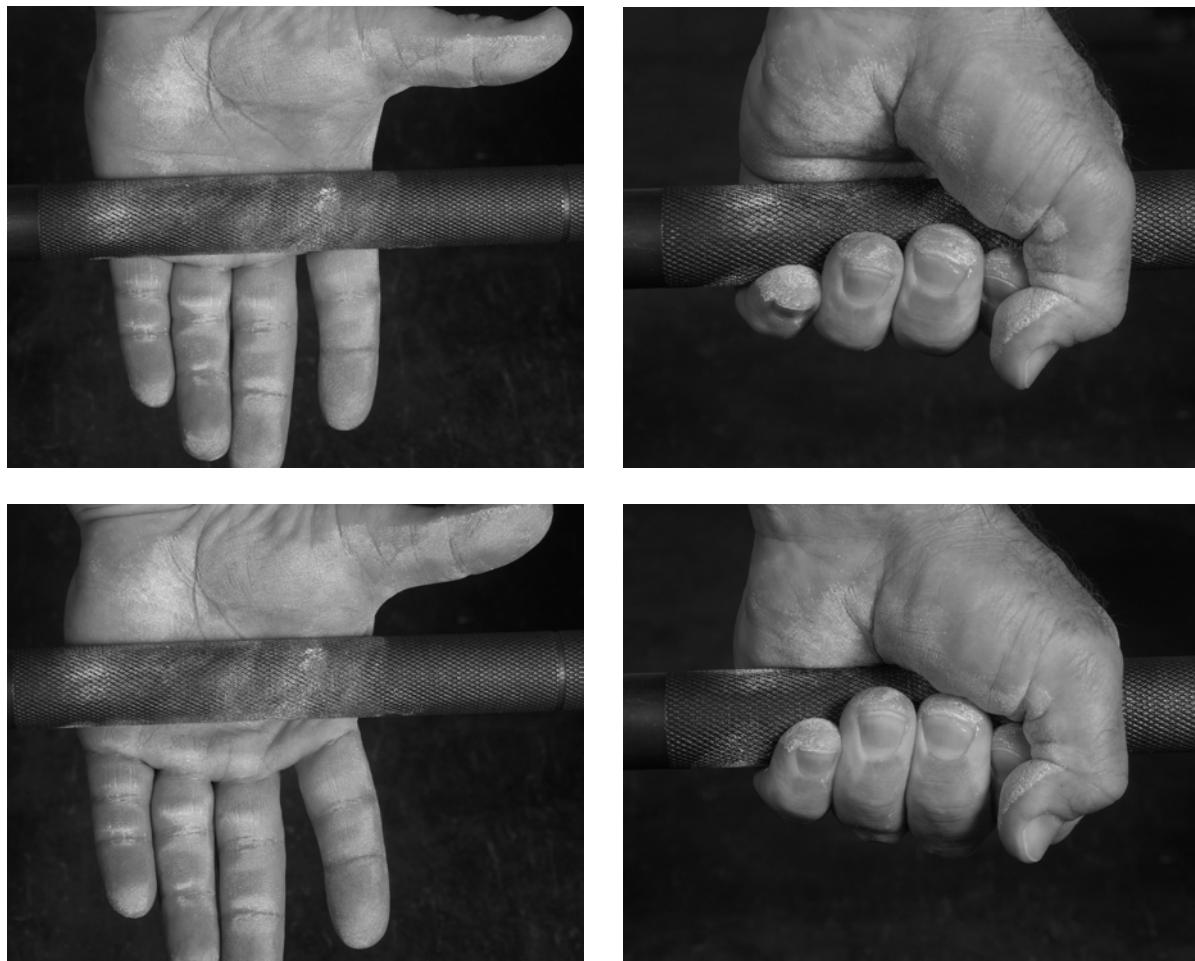


Figure 4-8. Gripping the bar correctly, well down into the hook of the fingers (top), will reduce the amount of callus development. Gripping the bar too high in the hand (bottom) will allow the bar to slide down into the fingers, folding the palm skin as it goes. This folding along the area between the distal palmar crease and the palmar digital crease causes the majority of the callus formation. If they become excessively thick, calluses can tear off during heavy lifts and ruin the rest of your day.

Learning to Deadlift

The bar should be loaded to a light weight relative to your capability. A light weight for a novice 55 year-old woman will be different than that for an 18 year-old 205 lb. athlete. Your gym should be equipped to load weights as light as 55 lbs., or possibly even lighter to accommodate people of all levels of ability. This makes it necessary to obtain 5 lb. plastic training plates that space a 45 lb., 15 kg., or even a 10 kg. bar off the floor to the same height as a standard plate. If there is no way to obtain these light plates, blocks can be used under 10 or 25 lb. iron plates, or the bar can be set in the power rack to the correct height; the small iron plates place the bar closer