



Figure 7-1. The bottom (left) and top (right) position of the halting deadlift.

for developing the grip, since you won't be using your 1RM deadlift weight for them, and the clean grip is harder than the alternate grip, so use it as a grip exercise too. If you get strong enough that your grip strength is exceeded, then you can either use straps, or switch your alternate grip – change the supine hand each rep. This change is a little trouble, and straps are fine if your grip is otherwise strong enough, i.e. you don't normally have any trouble hanging on to heavy deadlifts.

Some attention will have to be paid to keeping the bar against the shins on the way up. Haltings are best thought of as a push against the ground with the feet and almost as a row at the top as the bar breaks over the knees. Lifting the chest a tiny bit right at the top helps cue the lats, as does pushing the bar back into the shins and knees as the bar nears the top.

Rack pulls are the other half of this pair. They are done from inside the power rack, from level pins set at a point somewhere below the knee. How far below the knee the rack is set determines the amount of overlap that the halting and the rack pull have with each other. Just below the patella is probably not enough, while down to mid-shin defeats the purpose of dividing the whole pull into two movements. Three or four inches below the joint line is about right. The point of the halting deadlift is to work the initial drive off the floor, which depends heavily on the quads for the drive and the hamstrings to anchor the back angle; the rack pull should use as little