

KETTLEBELL SUMO DEADLIFT

START



MIDDLE



END



- Begin with feet slightly wider than shoulder width apart (sumo wrestler style!)
- Place kettlebell on the ground between your legs
- With straight arms reach the top of the kettlebell
- Grab kettlebell with both hands in an overhand grip

- Inhale deeply with both hands on the kettlebell
- Push your hips forward as you lift the kettlebell to waist level
- Keep your chest forward
- Lift slowly and steadily from the floor
- You should feel a squeeze in your glutes as you lift the weight

- Slowly lower down with hips pushed backwards
- Keep a taut lower back and your body facing forward
- Tap the ground gently with the kettlebell
- Do not let it rest on the ground
- Repeat the sequence according to your workout schedule

MUSCLES TARGETED

GLUTES, HAMSTRINGS, LATS & LOWER BACK MUSCLES

- Kettlebell Sumo Deadlift improves strength and mobility of your lower back, hips and legs
- Using the kettlebell weights allows you to increase the amount of weight put on these muscles to increase their strength further than using body weight alone
- Kettlebells allow you to use momentum and activate muscles more deeply, as you have a larger range of motion

NOTE

The motion begins with your hips. Avoid pushing your knees forward as you are lifting, focus on keeping them locked and pointing in the same direction as your feet. As you lower for the next lift, be mindful of your stance: do not round your back and keep your arms straight. When in the down position avoid lifting your head excessively.