

ROMANIAN DEADLIFT KB

START



- Begin in standing position
- Feet shoulder width apart
- Kettlebells in each hand according to desired weight
- Ensure your back is straight
- Allow your arms to hang perpendicular to the floor
- Wrists facing in

MIDDLE



- Initiate the movement by flexing your hips
- Your hips should have a horizontal movement rather than a downward movement
- Knees should only partially bend
- Your weight should remain on your heels
- Drive your butt as far as you can to generate tension in your hamstrings
- Your hands should pronate as they pass knee level towards the floor
- Do not allow kettlebells to touch the floor
- Maintain an arch in your back

END



- Slowly return to the starting position by extending the hips
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

GLUTES, HAMSTRINGS & BACK EXTENSORS

- The Romanian Deadlift targets the glutes and the back of the legs, whilst it also strengthens the lower back and calves

NOTE

Because this exercise strengthens muscles around critical tendons and ligaments it helps prevent injuries in the lower back and hamstrings.