

APPENDIX J

Romanian Dead Lift Progression



The key component to this exercise progression is the ability of the athlete to minimize trunk deviation in the frontal and transverse planes while avoiding excessive cocontraction of the muscles of the lower extremities. The clinician instructs the athlete to keep the muscles of the standing leg relaxed, with the knee slightly flexed and toes and foot relaxed. Hip hinging with an erect spine should be emphasized throughout the phases (phases 1-4: 3 × 10 repetitions bilaterally).