

ROMANIAN DEADLIFT

**Straight
back**

**Hips
pushed
back**

**Moving
weights
with legs**

**Weight in
heels**



**Rounded
back**

**Hips
too far
forward**

**Moving
weights
with arms**

**Weight in
toes**



How To Deadlift Correctly

K Payea

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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