

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

Peipei Pang



How To Deadlift Correctly:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **How To Deadlift Correctly** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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