Straight Leg Dead Lift (SLDL):

This is a key exercise for learning the relationship between the trunk and lower extremities. This movement is similar to body and arms away. When done correctly this exercise serves as the basis for all of the other exercises used in this program. This exercise teaches the athlete how to maintain the best spine position while strength training as well as with rowing. The SLDL can be used as a dynamic or static stretch and is a great strengthening exercise.

1. Start in a standing position and …… (see yellow curve drawn in picture).
2. Place the knees in an athletic position (slight bend). This knee bend will remain the same as the exercise progresses.
3. Then begin to bend the trunk forward pivoting ……. Make sure to maintain a firm …….. (convex curve) to occur as shown.
4. As the trunk pivots ……..... If however the spine is allowed to ……
5. Make sure that the head is…….. Keep a visual on …….. The chest should also be kept……...
6. Remember that when the SLDL is done properly all movement comes from……