

How to Perform the Trap Bar Deadlift: Step-By-Step Guide

The trap bar deadlift is a deadlift variation that is done using a specialized bar. The specific designs may differ based on the manufacture, however the general layout allows a lifter to stand within a closed frame with plates loaded to the ends of the barbell. In doing so, the lifter can assume a more upright pulling movement.

Below is a step-by-step guide on how to perform the trap bar deadlift. Note, that depending on the training modifications (see next section) the back and shin angles can be manipulated to better address individual needs and goals.



1.

The Setup

Start by assuming a hip width stance with the toes pointed forward (in line with the knees).

The stance width will vary, however generally speaking, the width should allow for the athlete to have the shins perpendicular to the floor with the back flat and shoulders directly above the bar.

Coach's Tip: Think pushing the hips back and keeping the shins vertical (however they can be slightly forward if you are allowing the hips to drop (see training modifications in next section).

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2.

Load the Pull

Squeeze the bar as you pull the shoulderblades down the back, allowing the chest and shoulders to get pulled upwards.

Without lifting the bar, find full pressure in the foot as you start to load the pull.

Coach's Tip: Flex the triceps and pull the back taut.



3.

Push Through the Floor

Push downwards into the floor with the legs, and keep the chest up.

Focus on feeling the knees and hips extending as you drive your feet into the ground.

Coach's Tip: Push through the floor (with the legs).

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4.

Stand Strong

Assume a vertical position with the pelvis neutral (no lumbar extension/flexion) and the upper back set.

The shoulderblades should be down the back, with the load being dispersed between the upper back, traps, glutes legs and grip.

Coach's Tip: Squeeze the glutes at the top.

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