Featured Lift—Romanian Deadlift (RDL)

Benefits

- Posterior Chain Exercise
- Ground Based
- Great for Developing low back, hamstring and glute strength
- Teaches proper hip-hinge technique
- Skill transfer exercise for Olympic Lifts
- Great for developing range of motion in the hips and hamstrings

How To Properly Perform an RDL

- Set feet hip width to shoulder width apart, toes pointed straight
- Hand grip is shoulder width to slightly wider on a standard barbell
- Set the low back (arch) and begin by pushing your hips back, maintaining a slight degree of knee flexion
- Maintain a flat back and allow the bar to descend to mid shin. Keep your head neutral
- Return to the start by forcefully contracting your glutes and standing back to the start position

Key Points

- Maintain a flat back position throughout with a slight degree of knee flexion
- Bar should be lowered under control. Keep the bar close to your body throughout the movement
- Contract your glutes (squeeze) and focus on hinging at the hip
- [http://www.youtube.com/watch?v=CBzfW1UVSHY](http://www.youtube.com/watch?v=CBzfW1UVSHY)

Suggested Reading:

Starting Strength: Basic Barbell Training

Author: Mark Rippetoe

Straight, to the point guide for barbell training no matter your experience level.
**Quote of the Month**  “There is no end to what you can accomplish if you don’t care who gets the credit”-Florence Luscomb

**Staff Profile**

**Meet our Strength Staff**

Kaitlin Sweeney, Assistant Strength and Conditioning Coach

**Education:** B.S. Ithaca College 2006, M.S. Wisconsin-Lacrosse 2008
**Arrival at ND:** October 2010
**Sports:** Volleyball, Softball, Men’s Swimming

**Training Philosophy:** The main objective of my strength and conditioning program is to improve overall athletic performance while reducing the risk of injury. I do this through three major principles: ground based movements, multi-joint movements, and multi-directional movements. It is my responsibility as a strength and conditioning coach to create a training environment that instills discipline and accountability as well as promotes athletes with a positive self-image, confidence, and are self-sufficient.

**What’s new in Strength and Conditioning:** Elite Form Technology

Elite Form is a unique data collection and tracking technology that provides instant, real-time feedback on performance. Track daily, weekly, monthly and yearly performance data to take your teams to a higher level of training.

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