



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

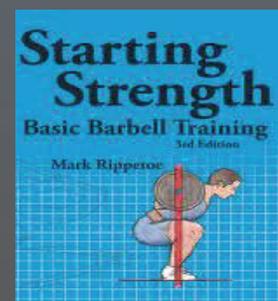
- * MAINTAIN A FLAT BACK POSITION THROUGHOUT WITH A SLIGHT DEGREE OF KNEE FLEXION
- * BAR SHOULD BE LOWERED UNDER CONTROL KEEP THE BAR CLOSE TO YOUR BODY THROUGHOUT THE MOVEMENT
- * CONTRACT YOUR GLUTES (SQUEEZE) AND FOCUS ON HINGING AT THE HIP
- * [HTTP://WWW.YOUTUBE.COM/WATCH?V=CBzfw1UVSHY](http://www.youtube.com/watch?v=CBzfw1UVSHY)

SUGGESTED READING:

STARTING STRENGTH: BASIC BARBELL TRAINING

AUTHOR: MARK RIPPETOE

STRAIGHT, TO THE POINT GUIDE FOR BARBELL TRAINING NO MATTER YOUR EXPERIENCE LEVEL.





STRENGTH AND CONDITIONING



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.

TO LEARN MORE ABOUT ELITE FORM VISIT -

[HTTP://WWW.ELITEFORM.COM](http://www.eliteform.com)



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