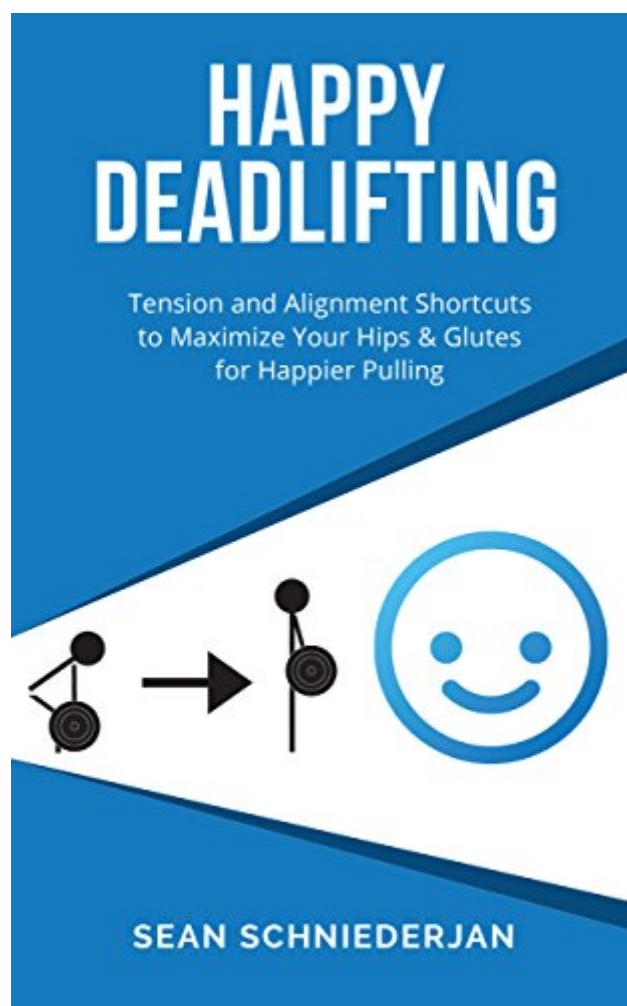




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# Happy Deadlifting: Tension And Alignment Shortcuts To Maximize Your Hips And Glutes For Happier Pulling (Happy Biomechanics Book 1)



## Synopsis

The deadlift - it isn't just for guys with chains around their necks who smash their heads into walls and scream anymore. You have nothing in common with powerlifters - except that you need to deadlift with a barbell. No other lift delivers lean muscle, real world functional strength, and a coordinated set of hips, core, neck and shoulders in such a minimum time and rep investment as the barbell deadlift. By minimum time investment I mean even less than five (5) minutes a day, 4 or 5 days a week. Think about your day to day life - how many times will you pick something off the floor vs. pressing or squatting or swinging. It isn't even competitive. Kettlebells are great - but the major thing they lack is the ability to adequately load the deadlift. Because the deadlift has a high degree of time under tension, it zaps fat and delivers leanness FAST in addition to having carry over to your real world life. Take your barbell to the backyard and get some fresh air while enjoying the many benefits of the deadlift. If you want to change your body with the simple deadlift, learning how to optimize your entire body into the lift is the only way to get long-term sustainable results. The deadlift is a two-edged sword - it is the most effective tool for lean, functional, all purpose and practical strength in the least amount of time, but it can also be dangerous and injury inducing if you don't have excellent form. Think about it - A boxer doesn't just throw their arm forward to throw a punch. They put their entire body into it. No energy is wasted. Are you wasting energy when you deadlift? Do you feel confident with your mechanics? If you aren't using your body the right way, the benefits of the deadlift will be lost on you forever. If you don't feel confident, this book will guide you step by step for setting up a strong, happy deadlift for a lifetime of effective lifting. The short cuts in this book will not be found by searching google. Why Deadlift? Why not? The deadlift will make you stronger and improve your movement and body composition in minutes a day. It is the most basic lift because everyone picks things up off the floor. Contents: Foreword • How Lipstick Changed Aircraft Carrier Landings Theory Why the Barbell Deadlift is Really Neat Squat Style v. The Deep Hinge The Chef, the Boxer, and the Deadlifter • Why You Need to Practice the Refined Basics Practice Part I • Descent into Butt Force Your Body to Deep Hinge Part II • The Three Pries Isolated Breakdown of How Pry the Bar Up to Lockout Pry 1 • Hip Extension. Glutes, Hips & Butt & Hamstrings Pry 2 • Posterior Pelvic Tilt. Reflexive Ab Stability is Dead to You Pry 3 • Dial In the Upper Back & Shoulders Part III • Unification of the Three Pries Making the Three Pries Into One & Extra Feed Forward Tension Cues Bonus • Application to the Kettlebell Swing Application of the Triple Pry to Kettlebell Swings for More • Pep • Programming Deadlift Programming Resources & Happy Deadlifting Programming

## Book Information

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## Customer Reviews

20-years ago, before fatherhood, I was lean, athletic, and quite active. Fast forward to 2014, as a then 47-year old office worker, I had gained weight and experienced chronic back pain from inactivity. Like many guys who've experienced this, including the advice from our doctors to lose weight, I embarked on a health and fitness program. My first goal was to strengthen my back and core, for which I purchased a trap bar. Using it fairly regularly and a 5x5 protocol, I went from barely able to lift 225-pounds (something I could do easily back in the day), to lifting 400, all within a year. In 2016 I found myself with a new problem; I was experiencing an overall tightness to my hip muscles, an imbalance of flexors and extensors. To address this, I purchased and read numerous books on the deadlift, and my favorite by far was Happy Deadlifting, a book which addressed form and function through the entire kinetic chain of the lift, including numerous ancillary exercises that address potential weaknesses in each stage of the lifting chain. If you purchase one book on deadlifting, this is it. If for whatever reason, maybe you want to compete, you might consider a second book, one that inadvertently integrates and builds on the concepts in Happy Deadlifting, Deadlift Dynamite by Andy Bolton.

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