

# CHAINED

## New research looks at how the inclusion of chains impacts your deadlift

In the weight training world your ability to produce power depends on how quickly you can lift a weight. Not surprisingly, the lighter the weight, the quicker you can lift it; thus you are demonstrating more power with lighter weights—if you actually intend to lift the weight with as much power as possible. And consider that there is an intent continuum in the gym. You see, some exercises lend themselves more easily than others to producing lots of power. As an example, if you can maximally deadlift 425 pounds and you can maximally power clean 225, it is relatively easy for you to generate a great deal of power in pulling 225 off the ground, as the limiting factor here is racking the weight across your shoulders, not pulling it off the ground. Yet a lot of people subscribe to the notion that even in exercises like the deadlift, where you have to produce a great deal of force instead of power, you could benefit from purposely generating as much power as possible. A method to aid in this goal is to include heavy chains on the end of each side of the barbell. But intuitive appeal is not sufficient when you are looking to attain performance excellence—you need science.

**Power Key:** deadlift, variable resistance, chains, power, strength



**ADDING CHAINS TO THE BARBELL DURING DEADLIFTS CAN BE BENEFICIAL—OR NOT—DEPENDING ON YOUR SPORT.**

### Original Research

Swinton, P., et al. Kinematic and kinetic analysis of maximal velocity deadlifts performed with and without the inclusion of chain resistance. *Journal of Strength and Conditioning Research* 25(11):3163-3174, 2011.