

# SQUAT VS. DEADLIFT

New research investigates what cross-over effects there may be between these lifts

In powerlifting circles and beyond, you hear often that the squat and deadlift are similar. In fact, some athletes and coaches claim that the only difference is that in the squat the barbell is on your back while in the deadlift it is in your hands. As a consequence, many athletes limit their training in an effort not to overtrain. The belief is that since these lifts are so similar, using many of the same muscle groups and joint actions, training both exercises equally could lead to overtraining. So many powerlifters and other athletes only train the deadlift once every two weeks or so, claiming that because the lift is so similar to the squat, they need that extra rest. Unfortunately, this thinking is based only on conjecture because to date there has been no research looking specifically at the similarities, or differences, that may exist in these lifts. And as you are well aware from reading *JOPP*, just because something seems sensible does not mean it is correct. For that very reason, researchers from Kennesaw State University and the University of West Georgia set out to clarify what cross-over effects may, or may not, exist in the squat and deadlift.

**Power Key:** squat, deadlift, biomechanics, comparisons, sticking point



**If you think the squat and deadlift are similar exercises, you need to rethink the issue. Start by reading this research review.**

## Original Research

Hales, M., et al. Kinematic analysis of the powerlifting style squat and the conventional deadlift during competition: Is there a cross-over effect between lifts? *Journal of Strength and Conditioning Research* 23(9):2574-2580, 2009.