

TRAPPED DEADLIFT

How the trap bar might free your deadlift

Is there a more basic lift than picking something off the ground? Unlikely. And so the deadlift, where you simply pick a loaded barbell off the ground until you stand erect, is perhaps *the* most basic lift any athlete can do. And as you can easily imagine, the deadlift involves many large muscle groups, such as the traps, back, glutes, and quads. Of course other muscle groups are essential as well, such as your grip muscles, calves, and hamstrings. All in all, the deadlift is a basic exercise that stresses major muscle groups, and the stronger and more powerful a deadlifter you can become, the better an athlete you will be. Of course, athletes, coaches, and inventors have given the deadlift some thought. The main question that these people ask is, “How can I change the deadlift to make it more effective?” And so the trap bar was developed. Using it is said to be a more effective way to deadlift. But without science that concept is pure conjecture. Now we have the research...



Depending on your needs, using a trap bar can be a viable alternative to the barbell deadlift.

Photo: John Wood; www.trapbartraining.com

Original Research

Full citation available to subscribers.

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