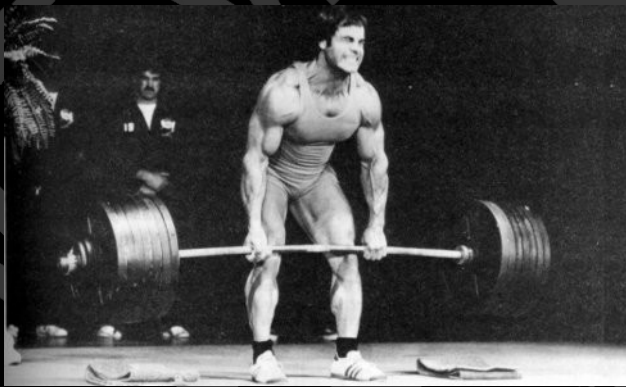


Workout

Max Deadlift in 8 mins

Note: Bars will be lined up in ladder format on Olympic lifting stations with weights beside the bar. The athlete is to establish a 1 rep max deadlift in 8mins. Workout will cease when either the time limit is reached, or the competitor can no longer lift.

Deadlift— [Video](#)



Judging Points—

1. The athlete must be in full knee and hip extension, standing tall with the weight raised from the ground for rep to be counted.
2. Any grip or style may be used so long as the above point is adhered to.

Movement Standards

1. Stand with the **bar above the centre of your feet** - your stance should be a bit more narrow than shoulder-width to give your arms room.
2. **Grab the bar** overhand so your arms are vertical to the floor - if your hamstrings are tight, do [Squat 2 stands](#) to boost your hip flexibility.
3. **Bend through your knees** until your shins hit the bar which must remain above the middle of your feet. [Shoulder-blades directly over the bar](#).
4. **Lift your chest** but don't squeeze your shoulder-blades like on [Squats](#). Just put your shoulders back & down, head inline with rest of your spine.
5. **Pull** - keep the bar close to your body, roll it over your knees and thighs until your hips and knees are locked. Do not lean back at the top. Lower the bar by pushing your hips back first, and then bend your knees once the bar reaches knee level (NOT before otherwise [the bar will hit your knees](#)).

Additional Notes:

Scoring is base on multiples of body weight. The competitor with the greatest power to weight ratio wins and will be ranked accordingly.