

Sumo Deadlift to High Pull

- Stand with feet flat one and a half to two times shoulder width apart, toes pointed outwards.
- Screw the feet into the floor, engage the glutes and abdominals to brace the spine and set the shoulders in a stable position.
- Squat down with the hips, lower the shoulders and grasp the barbell with an overhand grip with hands approximately 30 cm apart, back flat, shoulders slightly in front of the barbell and a neutral head position.
- Lift the barbell off the floor by extending knees and hips and lifting chest upwards until standing erect.
- Continue by pulling the barbell up along the abdomen towards the chin, keeping the elbows pointed out to the sides.

