

# **OFF THE FLOOR**

**A MANUAL FOR DEADLIFT DOMINATION**

**By David Dellanave**



# Off The Floor A Manual For Deadlift Domination

**RD Boyd**



## **Off The Floor A Manual For Deadlift Domination:**

**Off the Floor** David Dellanave, 2013-09-04 Off The Floor is the most comprehensive deadlift manual ever written which will give you the tools and knowledge to finally put pounds on your deadlift and pack muscle mass on your body Off The Floor was written by consummate deadlift coaching professional and world record holder David Dellanave to be the ultimate guide to the ultimate strength builder the deadlift In addition to being a comprehensive manual on the king of all lifts Off The Floor includes several deadlift strength programs including the renowned Off The Floor program Here are some of the secrets revealed in the program How the common mantra of core training is costing you pounds and risking your back health What type of deadlift will widen your back blow up your traps and give you erectors like tree trunks Not doing these lesser known variations is easily costing you 25 to 50 pounds on your best deadlift The truth about lifting straps and it s probably not what you expect it to be Deadlifting for high volumes the piece you re missing The one cheap thing you should add to your gym bag to nearly instantly give you jacked forearms The deadlift variation you least expect is the one most likely to help your back pain The weird looking deadlift that might be exactly what you need to unlock greater strength The key to perfect form that multiple world champion and freak of nature Dimitry Klokov knows and you think is wrong Why you must change your form when you progress from beginner to a more advanced deadlifter How to deadlift more often and put on more muscle than you ever thought possible The manual is as comprehensive as they come and includes information on Biofeedback Training 101 Everything you need to know to start implementing Biofeedback Training for yourself You re going to learn how to use the most advanced piece of training technology on the planet to tell you how to train smarter Hint it s not a Tendo an OmegaWave or an iPhone with a gadget attached to it Deadlift Training Guide Lessons I ve learned on my quest to become a human crane and coaching hundreds of people along the way Beginner Section New to deadlifting or strength training in general This section will get you off on the right foot so you DON T make the mistakes I made when I was new Deadlift Exercise Library Every critical deadlift variation you need to know Think the deadlift is as simple as conventional or Romanian Think again These variants of the deadlift are the key to unlocking faster gains and unlimited progress The Off The Floor Program I m going to be honest in the end I want you to use Biofeedback Training to become the master of your own programming but before you re ready to do that you need a stopgap The Off The Floor program is going to outline exactly how to implement all the concepts I lay out in the book for maximum results Accessory Exercise Library I would sign up for a program that involved nothing but deadlifting but unfortunately you d be shortchanging your results Carefully chosen accessory lifts will round out your strength and speed up your deadlift progress Special Topics Section Want to know how to destroy the competition at your first or next meet Have a nagging weak spot in your pull Curious about the core controversy This section will finally answer these questions for you once and for all **The Powerlifting Manual** Dennis B. Weis, 2021-12-30 Powerlifters are always looking for ways to improve their totals it is with this thought in mind that I have

written this training manual The majority of this manual will deal exclusively with a very successful form of training The system is called Cycle Training The Enthusiasm Factor will be great in this system because the programs are constantly changing every six to eight weeks New goals of strength levels will be realized more frequently than is normally experienced in regular power lift schedules I have included many of the facets of the training and competitive aspects of the power lifts Additionally I am detailing the form and technique necessary for the three powerlifts The bulk of this manual is geared toward achieving desired results with as little complicated procedure as possible

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**The Deadlift** Frederick C. Hatfield, 1982

**Barbell Deadlift Dominated** Dennis B. Weis, 2021-11-20 This is a commando tough program designed to increase your rugged muscle back development and strength from five to ten percent The program is very adaptable in that the combination if sets reps and corresponding percentages of max used within the structure of three back to back deadlift cycles can be used on both the conventional bench press and the squat This total package deadlift program consists of three training cycles each lasting a minimum of six but most generally seven weeks in duration

**The Westside Barbell Squat and Deadlift Manual** Louie Simmons, 2011-05

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