

# **OFF THE FLOOR**

**A MANUAL FOR DEADLIFT DOMINATION**

**By David Dellanave**



# Off The Floor A Manual For Deadlift Domination

**Louie Simmons**



## **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

*How to Deadlift 600 Lbs. Raw* Ryan J. Mathias, 2018-11-30 Do you want to Deadlift more weight than ever before You don t need special supplements crazy overload techniques or piles of food to increase your Deadlift All you need is the proper lifting technique workouts and program to guide you towards your goals This book provides just that Whether you are a beginner or an advanced Strength Warrior this book will take your Deadlift to the next level in a matter of weeks Go from a 200 300 400 or 500 pound deadlift to a 600 pound pull in no time The Deadlift makes you Brutally Strong and this book gives you all the tools you need to Deadlift more weight than ever In this Book we cover Beginner and Advanced Deadlift Techniques Deadlift Principles Bracing Techniques Grip Training Detailed Deadlift Technique with Full Color Pictures from multiple angles Conventional and Sumo Stance Included Conventional vs Sumo Styles Common Mistakes and How To Correct Them Deadlift Variations Top Accessory Exercises Complete 12 Week Strength Program Deadlift Workouts How To Max Out Properly Tips and Tricks and so much more packed into this nearly 100 page book Perfect your Deadlift to make massive Gains and get Brutally Strong in a matter of weeks

**Powerlifting** Dan Austin, Bryan Mann, 2021-01-14 One of the world s greatest powerlifters offers a look at how to train and compete in the sport Ten time world champion Dan Austin has packed Powerlifting with technical advice for both men and women on nutrition warm up and recovery training for competition and mental health strategies

**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

*10/20/Life Second Edition* Brian Carroll, 2017-01-19

10 20 Life Second Edition If you like Starting Strength or 5 3 1 you re going to LOVE 10 20 Life What is 10 20 Life 10 and 20 weeks at a time for a lifetime of positive momentum in training and in LIFE This philosophy is a life long approach for any level of lifter or athlete Many recreational lifters utilize the protocols in this book to have a better plan in the gym with no plans to ever compete On the other hand many competitive lifters from Beginner to Pro use this approach with great success From The Author Brian Carroll With 10 20 Life my objective is to teach you to get the results you want by coaching yourself

the same way a superior coach would take you through an individualized program in a great gym We start out with a thorough examination of your weak points because that's how quality coaching works The idea is to show you what to program and when based on your weaknesses in the squat bench press and deadlift This sounds simple but it's something most people don't even consider much less put into practice From there the 10/20 Life system takes you through the best injury preventative warm up in the industry followed by a comprehensive layout of coaching cues for each individual lift From start to finish you'll learn what to look for and what to do and you'll learn the reasoning behind all of it By the time you're finished working your way through these materials you'll be able to coach yourself and others like a pro Learn to be your own coach attack your weaknesses and utilize a proven philosophy that is a guide to permanent success This book includes a comprehensive WEAK POINT CHART and WARM UP INDEX that teach you how to assess your own training and PRESCRIBE THE EXERCISES YOU NEED 20 YEARS OF RESEARCH AND TRIALS distilled into a program you can actually use The plan is an easy five step process 1 Choose your schedule 2 Determine your weak points in the main lifts use the coaching guide to correct form 3 Use the Weak Point and Assistance Exercise indexes to custom design your own program pick your assistance work as specified in the Weak Point index 4 Follow the warm up protocol listed 4 parts super easy and custom 5 Determine your level of readiness then train according to the system's RPE plan for that day or if you're in precontest you go off of percentages this all depends on where you are in your phase of training Just a few of the sizable additions to this second edition physical copy New chapter Deload New chapter Establishing a baseline New chapter Speed work Other updated features include A reintroduction of the 10/20 Life philosophy and update with AMAZING testimonials male and female raw and equipped The 5 main principles of 10/20 Life How do you gain a mental edge Tips to do so What 10/20 Life is NOT putting to rest speculation RPE a different approach Nutrition a closer look with detail Coaching cues updated and expanded Weak point index updated and expanded Combo day updated and modified Step by step set up and the pros and cons of a wide base bench vs the traditional tucked approach New offseason training split Jumbo Day for those with little to no time to train or those who can't recover between sessions with a typical split or even the combo day All new pictures and charts throughout the entire book Percentages for pre contest modified and addressed with suggestions Many new exercise and section breakouts for explanations of movement an important note or simply a summary of the section FAQ section with 15 of the most commonly asked questions And so much more

*How to Powerlift* Story Ninjas, Polymath Power, 2019-02-03

ATTENTION ASPIRING POWERLIFTERS If you want to start powerlifting but don't know where to start When you buy this book you'll learn The problem with most programs The solution to get the biggest bang for your buck An introduction to the three main lifts Squat Bench and Deadlift The critical benefits of Powerlifting For many people getting into training is hard There are no two ways around this You might be someone who has never set foot in a gym before You may even be someone who has never considered how their current lifestyle can affect vital things such as posture

metabolism and eating habits This lifestyle can result in low energy little patience and little motivation to then finish a 9 5 shift and drive across town on a rush hour and hit a gym for a difficult and draining session For the people who are in this situation they may find themselves in a position where they have the 9 5 job followed by a school run then a family meal so that they simply can not make the time to get themselves to the gym The people with lifestyles such as this who do manage to make it to a gym are then most in need of finding a way to make every minute count Without knowing how to best use your time you may find yourself unsure of what to do You want to get stronger and fitter but you end up spending the majority of the time on cardio machines or doing exercises for muscles in isolation rather than compound movements which could help your overall issues such as posture and strength You manage to stick with this routine for a year and enjoy the escape offered by the gym from everyday life is pleasant but you still don't see the changes you want you're still lateral raising the same weights as 8 months previously As a result you find yourself losing motivation to go even more so You may be the type of person who wants to get stronger but only knows how to train for looks You may result in looking better but not actually feeling or being stronger This is normally fine but if we go back to the example of the office worker who needs posture and lifestyle improvements you may need to add in some more specific strength work Focusing on the wrong things in the gym or not making it to the gym at all can result in simple everyday tasks becoming difficult Try to pick something up off of the floor and then assess how you did it Did you pick it up like you were taught to in your health and safety seminars in work Or did you just bend down haphazardly with your heels raised and next to no balance involved If it was more like the latter then you may need to focus on the proper movements the squat the deadlift etc You may think this doesn't affect your everyday life but imagine picking your child up off of the floor getting yourself off the couch or toilet or even carrying your shopping home Better movements and strength will help with these everyday tasks Now that you've agreed that you can use a plan to get you stronger you decide to aim for your favorite strength athlete and follow their routine You try it you get a little stronger at first but then you find yourself fatigued and not enjoying it You may even find yourself struggling to fit it all in The fact is if you're a beginner you do not need fancy movements or workouts that push the gym's opening times to the limits What you need is to focus on the basics and get incredibly good at them However a bad training plan could result in you becoming demotivated and see you leaving it all behind The Solution Powerlifting Powerlifting focuses upon the increase of strength in the body but also in the mind In this book you'll learn to Improve your posture Get stronger Move better Feel better Build muscle Lose fat Develop better habits Increase focus Boost confidence

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