

[Gray Cook: Dead Lift For Runners](#)

Double Leg Dead Lift:

- Lift from a position that you can keep a strait back
- Set your Dead Lift with a strait back
- Your tibia should be vertical or perpendicular with the ground
- Lift a weight that you can not shrug or curl to make sure you engage your hips and glutes
- Don't rotate your shoulders

Single Leg Dead Lift:

- Use the same instructions above but do it standing on one leg
- Make sure you don't rotate your shoulders

Take away point: This is a great way increase your core strength and your hip mobility and strength.

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