

12" to Knuckle Lift (Deadlift) Training Program

Try these 3 exercises 3 times per week to improve your deadlift for the work ready assessment!

- 1- Hamstring Dips- Use a stability ball or a sturdy chair if you do not have a stability ball. Start on your back with your arms by your side and your heels on the ball or chair. Press your hips up off the ground and begin to lower and lift your hips. The closer your heels are to your butt, the harder this exercise will be. Start with one set of 10 and work up to 3 sets.
- 2- Back Extension- Use stability ball if you have one, otherwise perform this exercise on the ground. Start on stomach, pressing feet against a wall for balance. Lie on stability ball with ball by your stomach or lie flat on the floor if no ball. Place your arms behind your head and slowly raise your upper body until you feel the muscles in your back, butt and thighs contract, then slowly lower back down. Start with one set of 10 and work up to 3 sets.
- 3- Deadlift- What better way to practice the deadlift than to perform a deadlift. [Click here to see a video on the proper lifting technique.](#) Use 2- 5lb dumbbells to start or if you don't have dumbbells, 1 gallon of water = ~8 lbs so fill up 2-gallon containers and start there! Start in your squat position with a flat back and weight in front of your feet, press through your heels and lift the weight straight up and then slowly lower back down. Start with 1 set of 10 and work up to 3 sets. Once you can perform 3 sets of 10, add another ~5lbs of weight and start again. *Note, that once you can perform at least one set of 10 with 35lbs, you should be able to lift the 1 rep of 50lbs required for lift operators and ski instructors. Once you can perform one set of 10 with 55lbs, you should be able to lift the 1 rep of 75lbs required for ski patrollers.*