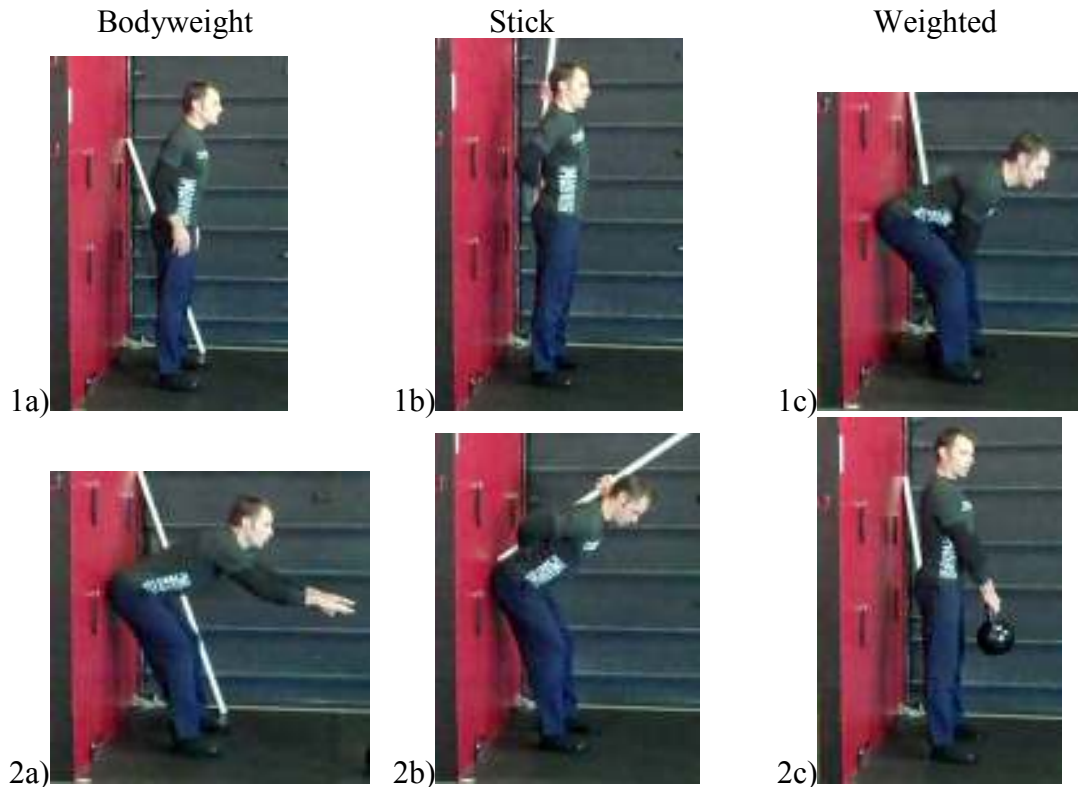


Touch the Wall Deadlifts



- Start by standing in front of a wall with your feet shoulder width apart and toes pointed slightly outward. You want to start one foot length away from away from the wall and adjust according to your ability to perform the movement.

- Keeping the shins straight up and down, shift the hips back towards the wall and touch it with you butt. Make sure that you are shifting you hips back and not squatting down – your knees pushing towards the toes indicates down instead of back.

- Drive your legs into the ground while squeezing your glutes and pulling your kneecaps high to come back up. You should be squeezing as tight as you can at the top.

- Treat this as a chance to learn a new way to move, not as an "exercise". Challenge yourself to learn the following lessons at each stage.

- Bodyweight: Learn to move from the hips
- Stick: Learn to keep the spine neutral
- Weighted: Learn to engage the lats