

# been there, **DEAD** that!



Powerlifters deadlift sumo style to lift the most weight possible.

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I am not going to feed you any bullshit or blow any smoke up your ass. This is not a “Massive Back in Six Weeks” article. If you want to make real, long-lasting changes to your back, understand it doesn’t happen in weeks and it doesn’t come easy. Deadlifting is brutal. That, my friend, is a simple fact. However, it is also absolutely fundamental to the development of a big, strong, thick back. The only questions are: How to correctly execute the movement, when to use it, for what duration, for how many sets, and for how many repetitions. Those are a lot of questions. Here are some of the answers.

## HYPEREXTENSIONS

literally drag the weight up your legs. It's not comfortable. In fact, you'll probably have some bruises and blood to show for your effort. Good deadlifts and ugly shins go hand-in-hand. Of course, if you're faint of heart and have a fear of big powerful muscles, I am sure you can work in with the soccer moms on the cable machines!

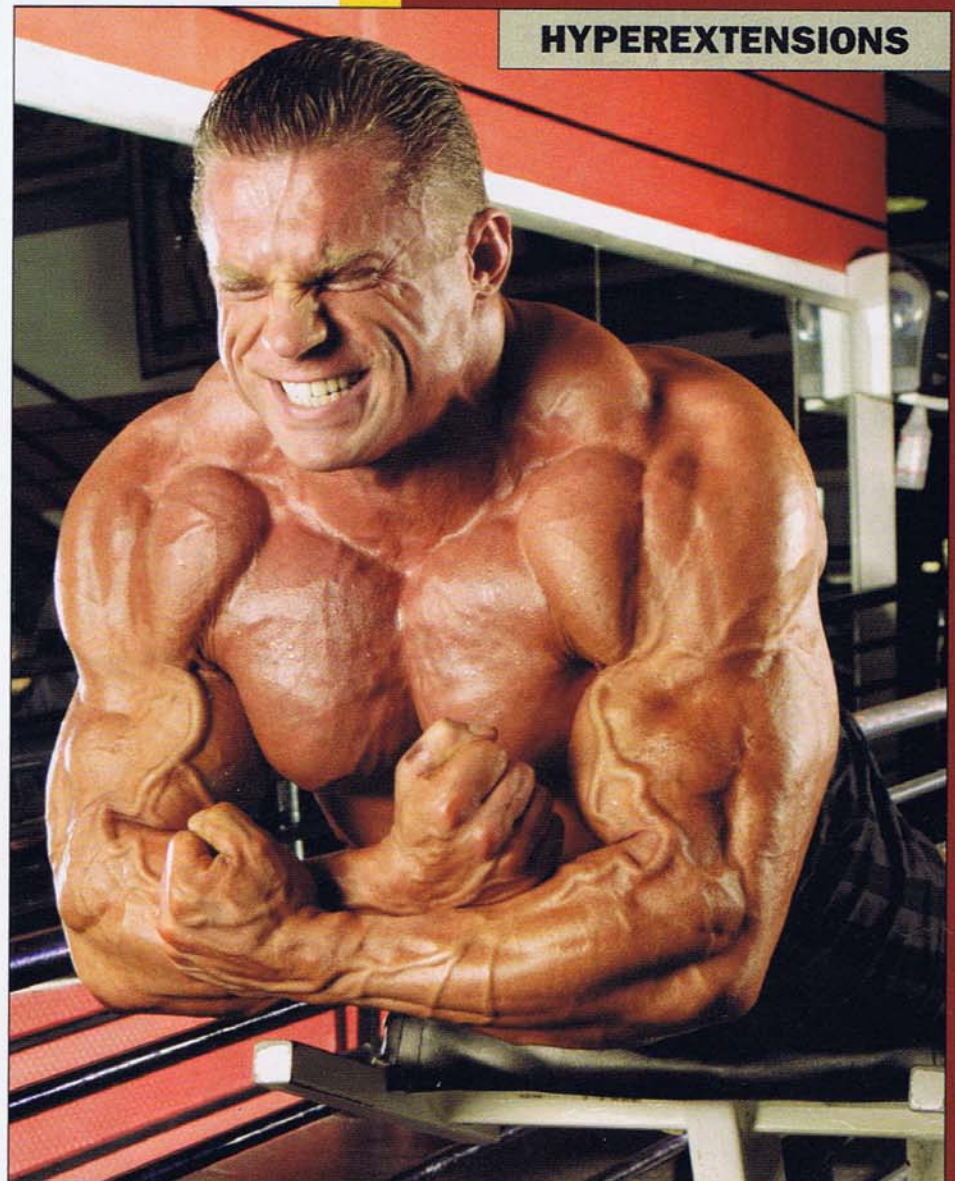
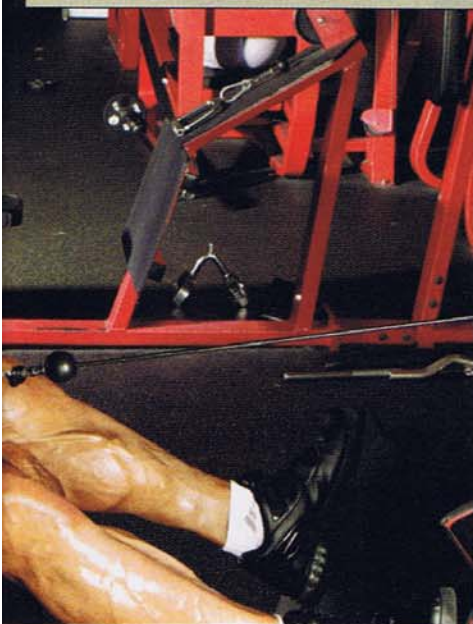
Always wear a four-inch leather weight belt when doing deadlifts. Don't wear it for show, cinch that sucker up. Lifting straps are optional. If you are using straps, grip the bar with both hands palms down. If you decide not to use straps, use an over/under grip. Most bodybuilders prefer to use straps as they don't want to worry about or necessarily need to focus on their grip strength. However, there is nothing wrong with developing solid grip strength, and regularly pulling a few hundred pounds from the floor will do just that.

By the end of six weeks you should have a pretty good idea of your one-rep max. You can calculate this by using the following formula:

**REPS TO FAILURE =  
% ONE-REP MAX  
3=90 4=88 5=86 6=83**

Let's say you can manage five reps with 315 pounds. Then 315 pounds is 86 percent (0.86) of your one-repetition maximum. So you would take 315 and divide it by .86. That equals approximately 365 pounds. That's your estimated one-rep max. I do not recommend pulling huge amounts of weight to determine your one-rep max. It just isn't necessary. As a bodybuilder, never do fewer than three repetitions. Remember, your goal is to build strength, power and *muscle*.

## LOW CABLE ROWS



**“ I am disturbed by the current mindset of young athletes. Everyone wants instant muscle and overnight success. Idiots reach for the Synthol bottle instead of the deadlift bar. Pathetic. In my opinion, drugs and Synthol are for the weak and the weak minded.”**

## WEEKS 6 - 7

Hyperextensions  
3 x 15

Traditional deadlifts  
3 x 3 with 90 percent of your one-rep  
max (365 x .90 = 330)

Six sets total.

## WEEKS 8 - 9

Hyperextensions  
3 x 15

Traditional deadlifts  
5 x 10 with 60 percent of your one-rep  
max (365 x .60 = 220)

Eight sets total.

## WEEKS 10 - 11

Wide-grip behind-the-neck pulldowns  
2 x 15 (pause at full contraction)

Front chins  
3 x 8 (pause at top)

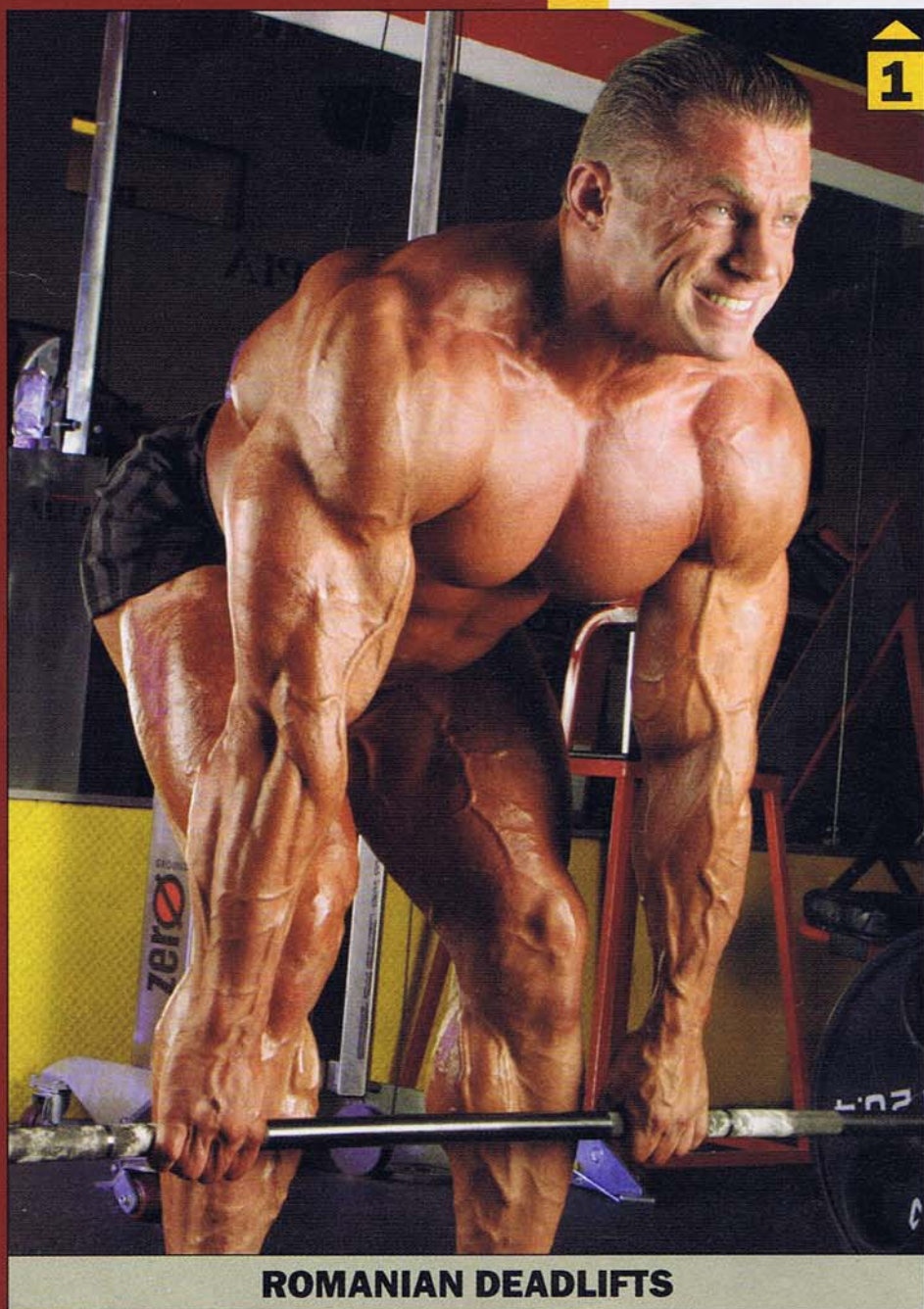
Romanian deadlifts  
4 x 12/10/8/6

Partial deadlifts in a power rack  
(starting just below your knees)  
3 x 5 with 80 percent of your one-rep  
max ( $365 \times .80 = 290$ )

Twelve sets total.



After you've completed these 13 weeks, skip your next back workout completely. Give your back a good week's rest, then start again. Depending on your genes, how long you've been training, and your nutrition, you should be from three to twenty percent stronger each cycle. So you'll need to adjust your poundages accordingly. If you've never deadlifted, you can expect your initial gains to be significant, but the bigger and stronger you become, the harder the gains. That's the nature of the beast.

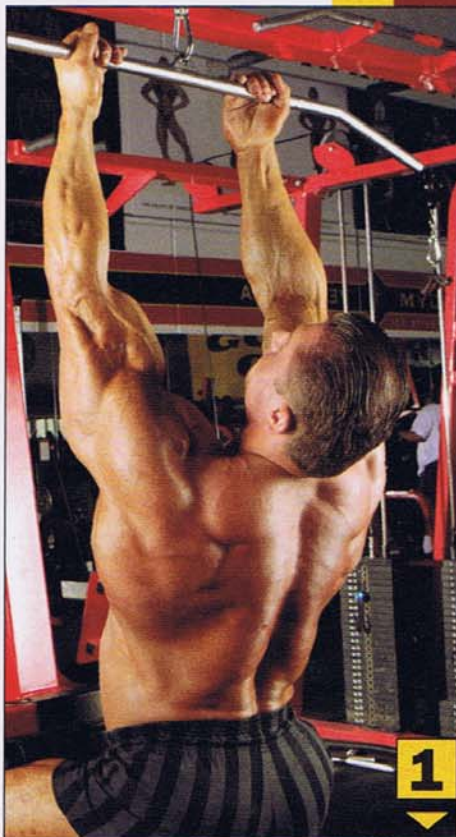


**ROMANIAN DEADLIFTS**

**PARTIAL DEADLIFTS**

**HERE ARE A FEW THINGS WE'VE ALL HEARD BEFORE THAT DESERVE REPEATING.**

1. Always utilize good form. It's incredibly easy to "butcher" back exercises.
2. Patience. Building a big, strong physique takes time. Years. That's what makes it so valuable. Learn to appreciate the battle.
3. Consistency, consistency, consistency! It applies to anything and everything in our lives. Want real success? Don't miss meals and don't miss workouts.
4. Have a plan. Record your weights. Forget about "instinctive training." Always know where you are, where you're going, and where you've been.
5. Have fun. There's more to life than protein shakes and weights. Make sure your life is full and balanced.



## WEEK 13

Traditional deadlifts  
6 x 2 with 95 percent of your one-rep max (365 x .95 = 345)

Six sets total.



Developing a big, wide, strong back takes years. Years to develop real power and strength and years to develop the kind of mind-muscle connection that ensures you're activating every strand of muscle, right down to the bone. I am disturbed by the current mindset of young athletes. Everyone has an excuse for not reaching the upper levels. Everyone wants instant muscle and overnight success. Idiots reach for the Synthol bottle instead of the deadlift bar. Pathetic. In my opinion, drugs and Synthol are for the weak and the weak minded.

Here's a thought. Instead of whining about how many, what kind or how much drug the guy in the corner is taking, why don't you try working harder? There's a novel approach! You can start with the deadlift. 🗨️

## WEEK 12

Pulldowns to front  
3 x 8

Reverse-grip pulldowns  
3 x 8

Low cable rows  
3 x 10

Wide-grip chins  
3 x 10 (or failure)

Twelve sets total.



**REVERSE-GRIP PULLDOWNS**