

The Hip Hinge

Body & health

One movement behind deadlifts, kettlebell swings and picking things up.

The most useful movement pattern outside the gym as well as in it.

1

Feet under the hips

Bar or object close to the shins. Distance from the body is the main lever.

2

Push the hips back

Knees bend only slightly. You should feel the hamstrings load.

3

Flat back, braced

Neutral spine from head to hips. Brace before you pull.

4

Pull the floor apart

Push through the legs; the bar stays in contact with the body.

5

Finish tall

Stand up. Do not lean back at the top.

FAULTS

Rounding the lower back — the one that matters

The bar drifting away from the shins

Jerking rather than building tension first

This is how to lift anything heavy off the floor, gym or not. It is the highest-return movement to learn properly.