

AC Power Deadlifting



What is the AC Power Deadlift?

The standard deadlift is performed from 8.75 inches (17 to 18-inch diameter weight plate) above the floor. This is considered a full deadlift.

The AC Power Deadlift utilizes a 26-inch diameter (45 pound) weight plate which permits the lifter to deadlift from 12.75 inches off the floor. If you do not own 26-inch diameter 45 lbs. plates you can place four 1-inch rubber mats under each side of your barbell provided you are using standard 18-inch diameter 45 lbs. plates.

The advantages of the AC Power Deadlift:

- Makes loading and unloading your barbell a breeze without the need for a jack or wedge
- Larger in diameter than your standard Bumper Plates allowing for a partial range of motion deadlifts (4 inches less to lift)
- Perfect for taller athletes or powerlifters that are suffering from knee and lower back issues

- Fits standard Olympic barbell sleeves / Easy loading and unloading of other plates
- The lifter will be able to lift more weight compared to the standard full deadlift

What are the muscles used in the standard full deadlift?

The first half of the movement where you bring the barbell from the floor to knees will primarily be targeting the quad muscles. The second half of the movement to bring the bar from the knees to a lock-out will primarily be targeting the muscles of the low and mid back, as well as the glutes and hamstrings. Deadlift variations that target either the lower half or upper half range of motion will engage those muscle groups to more or less of an extent.

The muscles used in the deadlift are:

- Quadriceps
- Glutes
- Adductor Magnus (Inner Thigh)
- Hamstrings
- Erectors
- Lats
- Traps
- Rhomboids

Many experts say that the deadlift works at least 18 muscles, which includes hand and forearm muscles that are important for grip strength. Thus deadlifting is one of the best overall exercises that most people can perform.

The four types of deadlifts that give the lifter more overall deadlifting power

- Deficit Deadlift (lifting the barbell that is standing only 4 to 5 inches from the floor).
- Full Standard Deadlift (17-to-18-inch diameter weight plate). The bar is standing 8.75 inches from the floor.
- Deadlift using Wagon Wheels (26-inch diameter weight plates). The bar is standing 12.75 inches from the floor. This is the AC Power Deadlift.
- Partial Deadlifts using wagon wheels (26-inch diameter) plus 5 to 6 one-inch rubber mats under each side of the barbell weights to allow the barbell to stand at 18 inches from the floor (silver dollar lift).

Note: Studies show that deadlifting boosts testosterone levels.

Deadlift workout incorporating an overall workout training for the whole body

I recommend working out 2 to 3 days a week. For those over fifty years of age, twice a week for 35 to 45 minutes is enough.

The LD Weight Training Program

The LD Weight Training Program consists of 15 exercises that work the whole body. These exercises can be done at a gym or at home (dumbbells and/or a barbell and a few other equipment are needed). These exercises consist of the following:

- Sit-ups (for the abdominal muscles)
- Roman chair hyperextensions (for the lower back)
- Arm curls (develops the bicep muscles)
- Dumbbell Hammer Curls (biceps and forearms)
- Standing dumbbell row (arms and lats development)
- Dumbbell chest press or Bench press using long bar (chest & triceps workout). Pushups are also very good.
- Standard dumbbell or Barbell press (Shoulders and upper back workout)
- Wrist curls (for developing wrist and forearm strength)
- Hand grip exercise (for grip strength)
- Shrugs (trapezoid development)
- Leg extensions (quadriceps development)
- Leg curls (hamstring strength)
- Deadlifts (lower and upper back, legs, total of 18 muscles are worked)
- Inner thigh exercise (inner thigh strengthening)
- Squats (quadriceps, hamstring development, and more)

Guidelines to the LD Weight Training Program

1. Focus on doing three sets of 8 to 12 repetitions for each type of exercise. 15 to 20 repetitions are acceptable for wrist curls, sit-ups, and possibly sitting squats. Remember to stretch out before lifting.
2. A 30 to 60 second pause between sets will work the heart (aerobic pause) otherwise rest 2-3 minutes between sets.

3. Some like to work out in the morning on an empty stomach, others prefer the afternoon or evening, 1 to 2 hours after having food or a protein shake.
4. Drink plenty of water as needed to hydrate.
5. Do not work out when tired or sick, take the day off to rest.
6. Individuals under 50 years of age can work out 3 to 4 times a week. Those over 50 years of age can work out 2 to 3 times a week.
7. Workouts should be split to upper body exercises (sit-ups, arm curls, dumbbell hammer curls, standard press, dumbbell chest press, wrist curls, handgrips, and shrugs) once to twice a week and lower body exercises (roman chair, sit-ups, leg extensions, leg curls, deadlifts, inner thigh, and squats) once or twice a week.
8. You can add brisk walking or treadmill, or other aerobic type activity (20 to 30 minutes) to each workout day. Those over fifty that are working out twice a week can add this activity on a third day or as part of their two-day workout, if desired.
9. Depending on your age and physical condition, it is good to rest 1 to 3 days between workouts. Some will work out Mondays and Thursdays, others Monday, Wednesday, and Friday, and many will work out Mondays, Tuesdays, Thursday, and Friday.

10. For each exercise choose a weight that you can do 8 to 12 reps with a good amount of effort. It cannot be too light.

11. When a weight becomes effortless increase the weight of the dumbbell or barbell.

Note: You can focus on deadlifts by doing a total of 6 to 7 sets at 6 to 12 reps. 2 sets of deficit deadlifts, 2 sets of full deadlifts and 2 to 3 sets of AC Power Deadlifts.

Recommended Reading:

Health and Fitness Through Weight Training and the Powerlifts eBook by Lawrence DeSantis, ND

Caution: Those with injuries or illness need to consult their doctor before engaging in any exercise program.

Where to purchase 26-inch diameter weight plates, click below:

[Wagon Wheel Pulling Blocks, 45 lb Pair, 26- in Steel Deadlift Pulling Weight Plates | Titan Fitness](#)

Where to purchase one inch rubber mats:

[Amazon.com: "ProsourceFit Extra Thick Puzzle Exercise Mat 1'", EVA Foam Interlocking Tiles for Protective, Cushioned Workout Flooring for Home and Gym Equipment, Black" \(ps-2294-hdpm-black\) : Sports & Outdoors](#)

AC Power Deadlift Video using Wagon Wheels:

<https://www.google.com/search?q=Wagon+Wheel+deadlift+video&ei=kEeGY93mN9SmptQPlqC2sAU&ved=0ahUK>

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Additional Video:

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*AC Power Deadlift is a name coined by Lawrence DeSantis
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