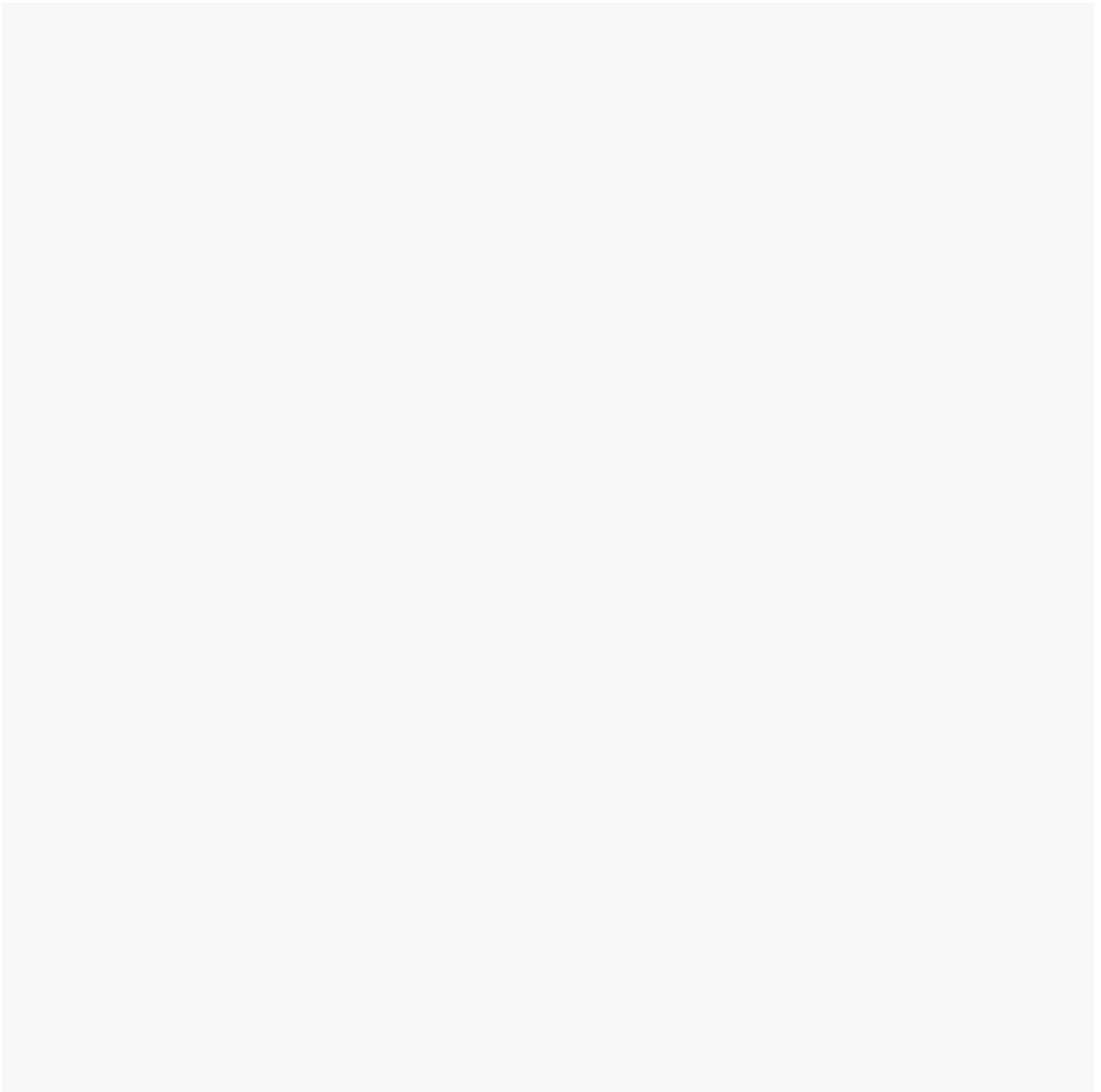


Deadlifts for Reps

Here's a video shot today. I've been concentrating not on increasing my max load lifted, but on increasing the number of reps. By the end of a 10-rep set, even 245 pounds feels like a lot – anyway, to me it does.



Deadlifts for reps, 245 x 10.

A video posted by P. D. Mangan (@pdmangan) on Jan 8, 2017 at 9:35am PST