



Trap-Bar Deadlifts

I've been doing trap-bar deadlifts lately; here's my most recent attempt.

Deadlifts, 275 x 7. 2nd set plus my grip gave out.
pic.twitter.com/cFIeJX3VAc

– P. D. Mangan 🇺🇸 (@Mangan150) [May 10, 2017](#)

In case you didn't see this on twitter, here I am in all my glory. The first take didn't have the video rolling, hence this is a second set.

I've been using the trap bar much more lately for deadlifts. It feels much safer to me, makes you less prone to injure your back doing deadlifts than with a standard bar. I hadn't been doing them all along simply because my gym

didn't have a trap bar. (My gym is very old school, with ancient equipment and paint peeling off the walls, but I like it, especially since it only costs me \$23 a month.)

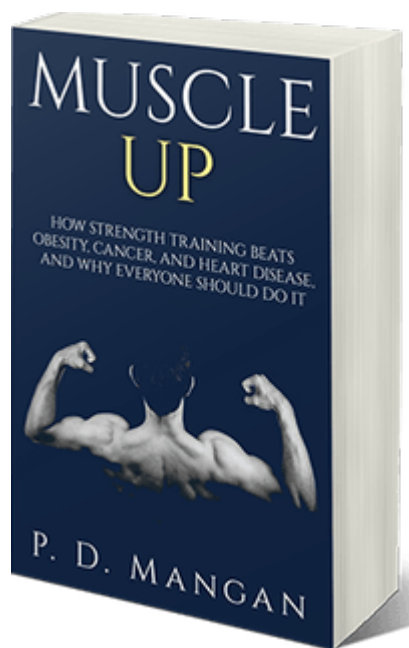
The trap bar allows you to keep your back straighter, or in any case it allows me to do so. I don't feel that I'm putting a huge strain on my back using this contraption.

Another aspect is that it feels to me much more like my legs and glutes are bearing most of the force, instead of my back. You feel as if you're driving your legs into the ground, which I think is what one should feel.

I feel that doing more reps at a lower weight is both safer and also drives muscle hypertrophy better than a 1RM type of lift.

One disadvantage to the trap bar might be that the range of motion is less than with a standard bar. However, [range of motion is less important than it's cracked up to be.](#)

For much more on lifting weights for health, see my book, [Muscle Up.](#)



PS: [Check out my Supplements Buying Guide for Men.](#)