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# The Adonis Athletics Deadlift Manual

*Amir Fazeli*

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**The Adonis Athletics Deadlift Manual** Amir Fazeli
Written by Amir Fazeli, the current Australian deadlift record holder (300kg deadlift @81.3kg body weight – Powerlifting Australia) for the strength coaches, personal trainers, gym rats, powerlifters, strongmen, weightlifters, crossfitters and general strength and iron sport enthusiasts out there. It features methods used at Adonis Athletics to train our lifters and athletes to pull big and it can be yours to own.

Topics covered include:
-Deadlift mentality
-What stance to use
-How to set up
-The biomechanics of the deadlift (sumo and conventional)
-Common mistakes and how to fix them
-Round back deadlifting
-Accessory exercises
-Warmup and prehab work
-FREE 6 week personalised deadlift program valued at $150 written specifically for you when you purchase the book

It's designed for the beginner and intermediate lifter to set you on the right path to get you firstly to a 2-2.5 times body weight deadlift and eventually national and world records or simple dominance in your sporting field. All the things that work and don't work have been tried and tested so you don't have to waste time. All you have to do is pull.

-Smash through your plateaus
-Optimize yours or your athletes' deadlift technique
-Prevent injury
-Fast track your results
-Add kilos to your deadlift, your strength and your total

Testimonial:
"Firstly, congratulations on the release of what i deem to be one of the best manuals I've read on the Deadlift…Most impressed with how you cover common MISTAKES and more importantly CORRECTIONS. Most manuals just break down the technique, throw in some SPP and maybe GPP guidelines and leave it there. Personally it was so enlightening to actually have some guidance on common errors. You keep it all simple and easy to follow, and pics always help.
Love your approach at the end regarding SPP work and thats why Eastern Bloc countries lead the way……how do they improve their DL/SQ and BE??……they fucking Dead, squat and bench!! Basically once you've covered your weaknesses this is all you have to really focus on….but people always try to re-invent the wheel brother. Love the no bullshit approach, you hit the nail on the head without trying to sell fucking steak knives as well! So, thank you sincerely for what will be a huge weapon in my personal and professional mission to become both a GREAT athlete and an even better Coach." – Trevor S.

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**From reader reviews:**

**Richard Swisher:**

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**James Peters:**

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**Rebecca Esquivel:**

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**Luis Hahn:**

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