

09:48



Deadlift



Muscles worked

Primary

Glutes

Lower Back

Secondary

Adductors

Quads

Forearm Flexors

Trapezius

Hamstrings

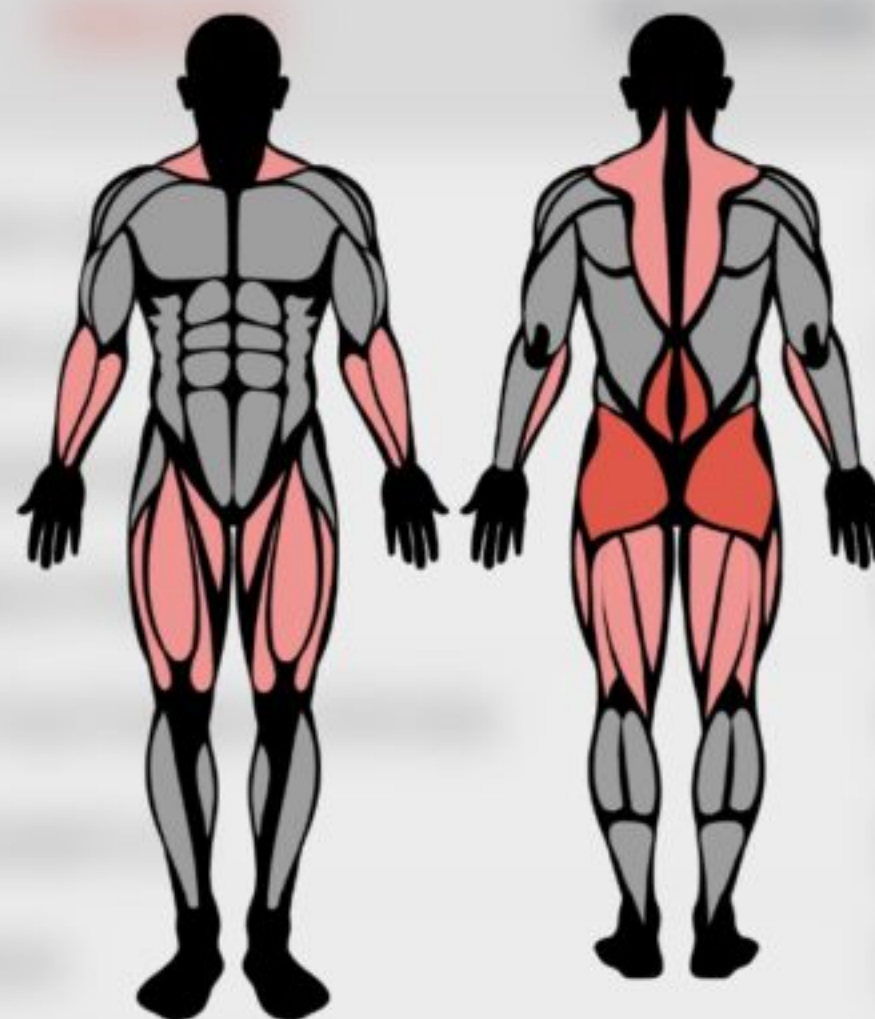
Instructions

Close

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