

FREE LEAD MAGNET

4-Week Deadlift

Raise the standard of your hinge. The body follows.

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What this is

A 4-week, 2-day program built around one lift: the deadlift. StrongFirst rules — low reps, never to failure, quality lockouts. This is the free door. Useful Strength (\$197) and custom 12-week (\$2,497 Inquire) sit behind it.

Not medical advice. Sharp or stabbing pain = stop. Soreness the next day is not the same thing.

How to use it

1. Open the companion Google Sheet (or the Excel file). File → Make a copy.
2. Type your **training max** in yellow: a hard set of 5 you could still do about 2 more times. Not a 1-rep max.
3. Train Day A and Day B each week. Rest at least one day between them.
4. Log the load and reps you actually did. The Sheet shows lb and % change.

The standard

Bar over mid-foot. Hands just outside the legs. Shins to the bar. Lats tight (wedge). Push the floor. Hips and shoulders rise together. Stand tall. Park the bar the same way you picked it up.

Week shape

Week	Main sets	% of training max	Intent
1	3 × 5	70%	Groove. Last rep looks like the first.
2	5 × 3	75%	Denser triples.
3	3 × 3	80%	Heavier. Still leave a rep.
4	3 × 5 easy	65%	Deload. Optional 1 × 1 at 85% if weeks 1–3 were clean.

Each session

Day A — Practice. Hinge drill. Light pull. Main deadlift. Row. Suitcase carry.

Day B — Power + variation. Main deadlift (or easy week + optional single). Swings. Light Romanian deadlift. Plank.

Rest 2–3 minutes on the main pull. If a set becomes a fight, stop the set.

Videos (watch before week 1)

Setup — 5 steps (Alan Thrall)	youtube.com/watch?v=wYREQkVtvEc
StrongFirst — bar to shins + lats	youtube.com/watch?v=3_gbwFOKP94
StrongFirst — feet under the bar	youtube.com/watch?v=ff1BrG5GjP8

StrongFirst — hips and shoulders rise together	youtube.com/watch?v=_DY3SMc5R6Y
Kettlebell deadlift mistakes	youtube.com/watch?v=bej53DFL4WQ
Swing standard	youtube.com/watch?v=PAhDt_0PjP4

Definitions

Training max — hard set of 5 with ~2 left. Used to pick loads.

RPE 7 — about 3 clean reps left.

Wedge — you work between the floor and the bar before you push.

Never to failure — ugly next rep means the set is over.

After four weeks

If the hinge is cleaner and you want the rest of the lifts under the same rules: Useful Strength, \$197. If you want three check-ins on that block: \$497, seats capped. If you want the kitchen sink: \$2,497 Inquire — three seats.

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