

## **Squat vs Deadlift**

### **Squat:**

The squat movement starts with the hips, but requires a large change in the angle of the knee joint as they travel forward over the laces.

#### *Squat Variations:*

Goblet Squats  
Zercher Hold (Front) Squats  
Front Loaded Barbell Squats  
Back Loaded Barbell Squats

### **Deadlift:**

Performance of the dead lift is hip dominate and requires the knee to remain fixed above the ankle, but loose, allowing the hips to orient the femur posteriorly. The movement focuses on hinging at the hips and incorporates upper body muscles such as the trapezius, latissimus dorsi and rhomboids.

#### *Deadlift Variations:*

Kettlebell Deadlifts  
Trap Bar Deadlifts  
\*Romanian Deadlifts\*  
Sumo Deadlifts  
Barbell Deadlifts

### ***Similarities***

- Both lead with hips
- Both require an upper body contraction
- Both should involve an active glute flex
- Both require your weight to be distributed (majority) through the heel

### ***Differences***

- In the deadlift, the knee stays fixed over the ankle, while the squat allows the knee to drive over the lace toward the toes.
- The squat, though a quad dominant movement, happens to contract the hamstrings at the same time. The deadlift, uses the quads to maintain stability in keeping the knee over the ankle, but requires a contraction in the glutes and hamstrings to power the weight up.

\*Note, the Romanian dead lift bears the same name and requires a similar movement pattern, but is only associated by name and not described above or in the two associated videos.\*