



## The Climb Strong Deadlifting Manual

*By Steve Bechtel SFG II, Charlie Manganiello SFG II*



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The deadlift is arguably the best strength training exercise for rock climbers. In this manual, top coaches Charlie Manganiello and Steve Bechtel break down the exercise and explain the whys and hows of this complex movement. The authors detail the movements, common errors, and how exactly to integrate deadlifting with your program. Based on their successful strength clinics, this manual will serve you for years to come.

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### **Editorial Review**

#### About the Author

Steve Bechtel - The founder of Elemental Performance + Fitness, Steve has been coaching strength and fitness for nearly twenty years. He is a Certified Strength and Conditioning Specialist (CSCS) and holds a degree in Exercise Physiology from the University of Wyoming. Steve is an SFG II, USA Weightlifting Certified Coach, a USA Cycling Elite-level coach, and has been coaching triathlon for over 15 years as a USAT-certified coach. A world-renowned expert in the training of rock climbers, he coaches many top-level climbers and writes extensively on climbing training at the website Climb Strong. Charlie Manganiello - Charlie is an SFG II and a strength coach at Elemental Performance + Fitness in the small mountain town of Lander, Wyoming. Charlie believes strength training is foundational and can be applied to any fitness goal. Charlie works with a wide variety of clients, but focuses on climbers and coaching a local youth climbing team. Charlie spends most of his time at the gym training his athletes (programs he already put himself through), at the crag climbing, or backcountry skiing. He's a much better coach than he is a climber. Some call him the Phil Jackson of climbing coaches.

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