



Men'sFitness

Men'sHealth



EXPERIENCE LIFE

## Discover How A Skinny Computer Nerd From Minnesota Uncovered **A Little-Known Secret That Skyrocketed His Deadlift From 245 Pounds to Over 600 Pounds** – While Forcing His Body To Pack Slabs Of Rock-Hard Muscle Onto His Shoulders, Traps, Back, And Arms...

My name is David Dellanave and just a few years ago I was a pretty average lifter. My deadlift numbers were stuck and didn't seem to be going up at all.

And it's not like I wasn't trying - in fact, *TRYING* was all I did! I *tried* every single deadlift program under the sun, religiously following the instructions, just hoping to get a little stronger, a little bigger, a little better. I tried...

- ✓ I tried low-volume programs where I only focused on high intensities and heavy loads - but my max never went up.
- ✓ I kept deloading to improve my form, but no matter how perfect my technique got, my deadlift didn't improve and I wasn't putting on any muscle working with baby weights!
- ✓ I tried Westside Ba
- ✓ I tried high-volume

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