

A muscular man is shown from the waist up, performing a deadlift. He is holding a barbell with both hands, and his arms are extended upwards. He is wearing black shorts and white sneakers. The background is a dark wall with a large, stylized graphic of a cavewoman holding a mallet. The word 'CAVEMAN' is written in a bold, sans-serif font at the top, and 'WOOD' is written in a larger, stylized font below it. The man's expression is one of intense effort.

CAVEMAN WOOD

WORKOUT 'DEADGEMITE'

This awesome advanced workout targets the whole body, and is performed with an Olympic Barbell and two Kettlebells. The exercises hit your upper back, trapezius, rhomboids and deltoids, lets not forget the biceps, the core, erector spinae and then also just about everything in the lower-body, the gluteus maximum, hamstrings, quadriceps, as if that's not enough, it also works on your shoulder stability and leg flexibility. This workout is simply as good as Vegemite.

Each exercise is only performed once in a round, this is done on purpose to keep the reps low and make sure the hip hinge position doesn't get to taxing on the lower back. Each rep needs to be performed with extreme care and thought.

- 1 x Dead row 90 degrees
- 1 x Dead row 45 degrees
- 1 x Dead row 0 degrees
- 1 x Bicep curl
- 1 x Alternating racked overhead cossack squat

26 minutes AMRAP

The dead rows are performed from the ground each time in a hip hinge position. The degrees refer to the angle between the ribs and the elbows, you could also say wide-grip, hybrid grip and narrow grip, but I like to get specific. The rows should be performed with the back, you do this by contracting the muscles in your back, pull your shoulder blades together, engage your traps, use your delts, let your forearms hang and do nothing but hold the bar. When you're in the hip hinge position the glutes are nice and active, core is braced. The cossack is performed with one kettlebell racked and one overhead, then switch to the other side.

If you want a super detailed PDF on the hip hinge movement only, then post the following on our facebook "gimme da freaking PDF on the hip hinge!" or something along those lines.

Come out of the hip hinge position if you start feeling your lower-back is getting fatigued and take a couple of seconds to recover.

No swinging of the barbell to get it up or down, everything controlled, take advantage of every part of the exercises, the up phase and the down phase, yes, it's an AMRAP, but it's also a workout, **you work it out.**

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<http://www.cavemantraining.com>