

SQUAT DEAD CURL AND PRESS

Type: combo

Exercises: squat, dead curl and press

Requirements:

- full squat depth
 - no rounded back
 - no excessive posterior pelvic tilt
 - heels on the ground

Alternative: lunge, dead curl and press

Kettlebell placement: create an imaginary triangle between your knees and position of the kettlebell, your knees are the bottom of the triangle and the kettlebell is the top point. This point is placed just right to get the perfect hand insert.

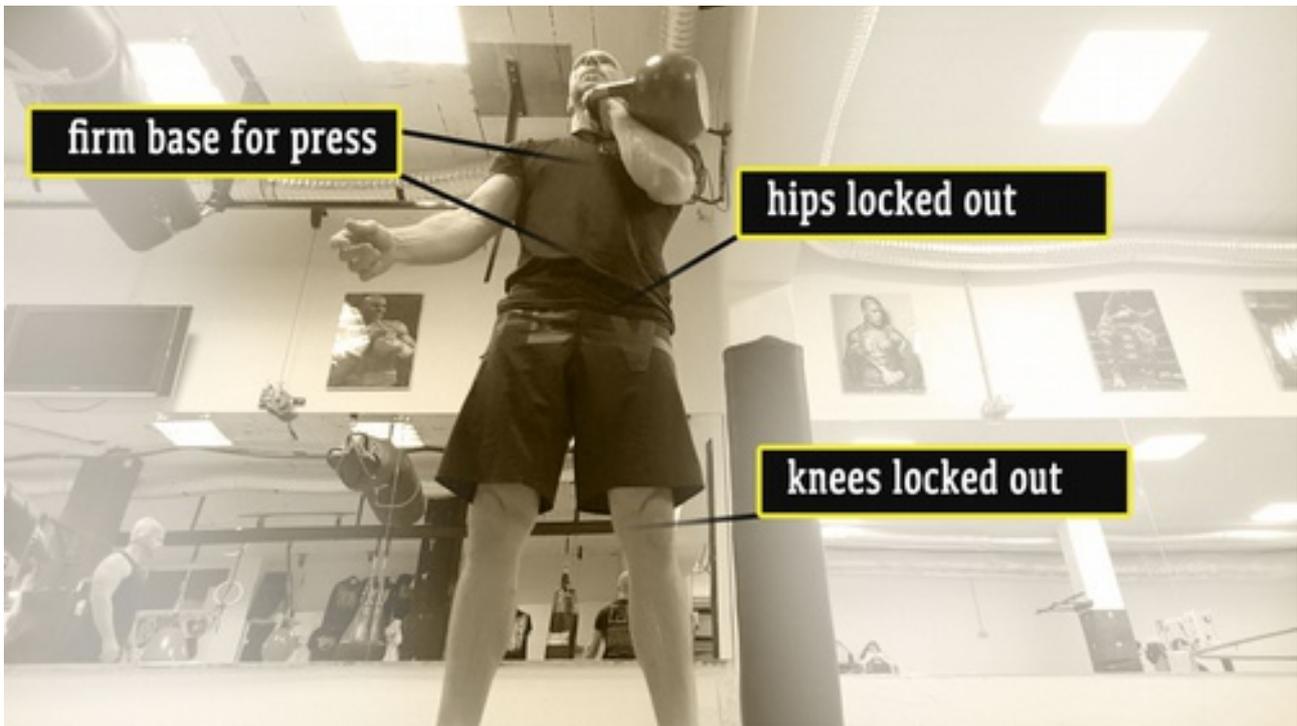
Squat: if you don't meet the requirements, do not perform this combo, perform the alternative till you have the mobility to reach full squat depth. The squat is a beast of it's own, and other than a few pointers, it will not be fully covered here. Feet just outside hip width, toes slightly pointing out, torso remains upright, come into squat position and contract the glutes at bottom position, do not rest like you're sitting, perform the dead curl, after the curl, squeeze the glutes coming up, come into full upright position and lock everything out.



Dead curl: the curl is a bicep curl with the weight being dead on the ground each time, the curl is not a straight curl like you're used to with dumbbell bicep curls, this curl requires internal forearm rotation half way through to get the bell positioned on top of the forearm at the end of the curl, i.e. into a perfect racking position. Both elbows are resting on the inside of the thighs, they're slightly pushing outwards to keep the hips open and provide a solid base to curl from. Make sure you get a good hand insert, to learn more about hand inserts and handle positioning, download our [free grip pdf](#).



Press: the press is a front press, you're pressing straight up into a good overhead lockout, positioned directly above the shoulder. Remember, you can create more range of motion through thoracic mobility, it's not all shoulder work. Buy our book on pressing [Master The Kettlebell Press](#) if you want learn more about pressing and learn tons of variations.



The alternative to the squat is a lunge, although easier to work on your mobility for depth, this version is harder due to having to press up with just one leg, the front leg.

This is not really an exercise to do quickly, you want to benefit from the movement, you want to get stronger, you want to get something back from the time you invest into it. I've used this combo in one of my workouts where I do 5 minutes of this alternating combo, followed by 2 minutes rest, 5 minutes of alternating chest press, 2 minutes rest, 5 minutes of alternating bent over dead rows, 2 minutes rest, 5 minutes of double bell racked front squat and surrender. Because it's 5 minutes of just the one combo you need to pace yourself, so it's great to do this combo right, but still focus on getting a lot of reps out.



Check out the video on Youtube www.youtube.com/watch?v=XsumYLaH3GI
Go to www.cavemantraining.com for many more workouts.

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