



## Is Trap Bar Deadlift not just a Functional Leg Press?

- More freedom of motion (Spine & Hips)
- More set up options/positioning options
- Grip training
- Upper back engagement
- Core Engagement
- Neurological, Skeletal, Cardiovascular

Therefore, I would deem Kettlebell or Trap Bar Deadlift to be more "Optimal" for transfer to life and sport, fitness & performance.

