

LOWER BODY MUSCLE CHART

QUADRICEPS

- Barbell Back Squats
- Leg Press
- Leg Extensions
- Goblet Squats

HAMSTRINGS

- Romanian Deadlifts
- Lying Leg Curls
- Glute-Ham Raises
- Seated Leg Curls

GLUTES

- Hip Thrusts
- Bulgarian Split Squats
- Cable Kickbacks
- Walking Lunges

CALVES & ADDUCTORS

- Standing Calf Raises
- Seated Calf Raises
- Copenhagen Planks
- Adductor Machine

WORKOUT NOTES