

Top 10 Lower Body Exercises

Squats: Squats are a compound exercise that primarily targets the quadriceps, hamstrings, and glutes. They can be performed with bodyweight, dumbbells, or a barbell.

Deadlifts: Deadlifts engage the hamstrings, glutes, and lower back. This exercise can be performed with a barbell, dumbbells, or kettlebells.

Lunges: Lunges target the quadriceps, hamstrings, and glutes. They can be done as walking lunges, stationary lunges, or reverse lunges.

Step-ups: Step-ups work the quadriceps, hamstrings, and glutes. Step onto a raised platform or bench with one foot, push through the heel, and bring the other foot up. Repeat on the other side.

Glute bridges: Glute bridges specifically target the gluteus maximus. Lie on your back, bend your knees, and lift your hips off the ground while squeezing your glutes. You can make it more challenging by adding a resistance band or using a stability ball.

Romanian Deadlifts: Romanian deadlifts primarily target the hamstrings and glutes. Hold a barbell or dumbbells in front of your thighs, hinge at the hips, and lower the weights toward the ground while maintaining a slight bend in your knees.

Calf raises: Calf raises work the calf muscles. Stand with your feet shoulder-width apart, rise onto your toes, and then lower your heels back down. You can perform this exercise using bodyweight, or hold dumbbells for added resistance.

Bulgarian split squats: This exercise targets the quadriceps, hamstrings, and glutes. Stand in a split stance with one foot elevated behind you on a bench or platform. Perform squats while keeping the weight in the front leg.

Hip thrusts: Hip thrusts primarily target the glutes. Place your upper back on a bench, feet on the floor, and thrust your hips upward while squeezing your glutes at the top.

Leg press: The leg press machine targets the quadriceps, hamstrings, and glutes. Sit on the machine with your back against the backrest, place your feet on the footplate, and push the weight away from you by extending your legs.

Check in with one of our team members for more tips and modifications!