

Muscles as Movers: Lower Chain (Legs)



Hamstrings

Exercise	Why it Made the List
<p data-bbox="203 436 300 462">Deadlift</p> 	<p data-bbox="824 470 1409 638">A contender for title of the king of all exercises, a deadlift is one of the most functional movement patterns we can learn. We should all be able to lift an object off the ground and this is the exercise to master the movement.</p> <p data-bbox="824 680 1383 709">Muscles worked: hamstrings, glutes, traps, lats</p>
<p data-bbox="203 756 430 781">Romanian Deadlift</p> 	<p data-bbox="824 789 1396 924">This is an effective exercise that targets the hip, hamstring, and low back. This is a great place to start if you are not ready to deadlift from the floor.</p> <p data-bbox="824 966 1344 1033">Keep your back straight, slight bend in your knees, and head looking down!</p>
<p data-bbox="203 1113 267 1138">SLDL</p> 	<p data-bbox="824 1146 1409 1281">This is a great single leg exercise to work into any program for balance and glute activation. The focus here is learning to hinge at the hip which is a critical movement pattern.</p>
<p data-bbox="203 1348 349 1373">Glute Bridge</p> 	<p data-bbox="824 1381 1390 1516">This exercise is great for hip mobility and glute strengthening. Try not to arch your back! If you are looking to make it more challenging use a dumbbell or barbell on your lap for weight.</p>

Quads

<p>Back Squat</p> 	<p>Focuses on hips, glutes, and low back. You may feel some tightness in the low back and knees. Try going down just above parallel or below if you can. Push through the heels to stand up. Depth is not as important as form.</p>
<p>Front Squat</p> 	<p>Focuses on quad and upper back as the bar shifts forward. Watch to make sure your heels stay on the ground. If they elevate you may have limited mobility in the ankle or hip.</p> <p>It is easy to fall forward in a front squat because that is the direction of the bar. Try to keep your head looking forward and back straight.</p>
<p>RFE Squat</p> 	<p>RFE stands for Rear Foot Elevated. This is similar to a lunge and a split squat but taking the back leg out of the exercises allows for more isolation of the glute and quad on the front leg.</p> <p>This teaches our nervous system for our legs to work/be strong separately.</p>
<p>Lunge</p> 	<p>Lunges help improve balance and stabilization by working both legs differently each step. This is a great exercise for strength in running and climbing stairs.</p>
<p>Body Weight Squat</p> 	<p>Backed by science, squats are considered the king of all exercises. With a barbell or not it challenges your back, glutes, and legs against gravity.</p> <p>Be sure your knees don't track too far over your toes!</p>