

# Legs

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## Squats

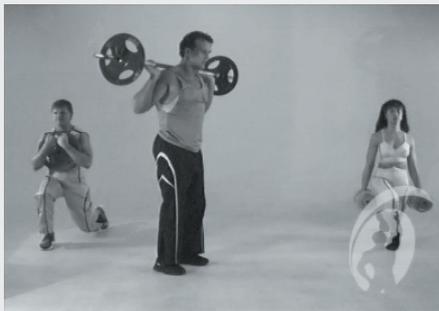
Place the bar behind the neck across the muscles on top of the shoulder blades. Stand with a neutral spine. Bring feet shoulder-width apart. Start to descent with the hips back, the upper body is allowed to move forward as this is needed to keep balance. Keep the weight centred over the mid foot and heels. Bend the knees till approximately 90 degree flexion of the knees. Return to the standing position, don't lock the knees at the top of the movement. Make sure the knees stay centred above the ankles during the exercise.

Note: when the placement of the bar is painful you might try a wrapped towel around the bar or use isolation foam padding.



## Lunge

Place the bar behind the neck across the shoulder blades. The bar rests on the muscles of the upper part of the back. Put one leg straight out in front of the body with the foot flat on the floor. Bend both knees simultaneously, the heel of the foot behind comes of the floor. Bend till the front knee is at a 90 degree angle. Make sure the front knee does not move in front of the foot. Keep the knee centred above the ankle. Stay in this lunge position and move up and down then switch legs.



## Dynamic Lunge

Place the bar behind the neck across the shoulder blades. The bar rests on the muscles of the upper part of the back. Start from an upright position with the feet at shoulder-width. Step forward with one leg, place the foot flat on the floor, bend in both hips and knees simultaneously, the heel of the foot that stays behind comes of the floor. Bend till the front knee is at a 90 degree angle. Make sure the front knee does not move in front of the foot. Keep the knee centred above the ankle. Push back from the front leg and come back to the starting position. Now make the same movement with the opposite leg.



## Steps

Stand in front of a low bench. Place a barbell across the muscles on top of the shoulder blades. Put one foot in the middle of the bench and simultaneously extend the knee and hip. Place both feet together. The returning phase can be done with either leg. Emphasis should be on the foot that is on the bench. Keep the speed of the movement slow to put emphasis on the concentric and eccentric contractions.



## Romanian (stiff legged) deadlift

Stand in front of the barbell with the feet at shoulder width, put the shins close to the barbell. Bend in the knees and hips till the upper legs are close to horizontal. Take the bar in both hands with the thumbs inwards and just outside of the legs. The back must be straight throughout the movement. Pull the shoulder blades backwards and look up. Now lift the weight of the floor by simultaneously extending the knees and hips. From standing position bring the weight down by only bending forwards in the hips, keep the knees fixed in a slight bend. Bring the weight down till just below the knees. Move back to the standing position. At the end of the set bring the weight down by simultaneously bending the knees and the hips. Again emphasis must be given to the lower back, this must be kept in a slight inward curve throughout the exercise. Be very careful choosing the right weight before doing this exercise.

\* text Henk van der Stoep, Sport Physiotherapist **DISCLAIMER:** Please Read; All the information presented on this Exercise Chart is for educational and resource purposes only. It is NOT a substitute for or an addition to any advice given to you by your physician. Before adhering to any BuildingYourBody information or recommendations you should consult your physician. Please understand that you are solely responsible for the way information of BuildingYourBody is perceived and utilized and you do so at your own risk. In no way will BuildingYourBody or any persons associated be held responsible for any injuries or problems that may occur due to the use of this material or the advice contained within.

# Calves

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## Standing calf raise

Stand on one leg with the ball of the foot on a light elevation. Take a dumbbell in one hand. Raise your heel of the floor and get on your toes as high as possible. This exercise puts emphasis on the M. gastrocnemius (superficial calf muscle)



## Sitting calf raise

Sit across a bench. Put a barbell across your upper legs. Put the balls of your feet on a light elevation. Raise your heels and get on your toes as high as possible. This exercise puts emphasis on the M. Soleus (Deep calf muscle)