



Breaking Muscle

LOWER BODY			
MULTI-JOINT		HAMSTRINGS	SINGLE JOINT
BARBELL:	PLATE-LOAD MACHINE:	BARBELL:	QUADRICEPS:
Barbell 1-leg squat	Smith machine lunge	Good mornings	Good mornings
Barbell deadlift	Smith machine squat	Romanian deadlift	Leg extension
Barbell forward lunge		Stiff-leg deadlift	Manual leg extension
Barbell front squat	<b>SELECTORIZED:</b>		
Barbell hack deadlift	1-leg squat	<b>DUMBBELL:</b>	<b>HAMSTRINGS and/or GLUTES:</b>
Barbell iso-lunge	deadlift	1-leg Romanian deadlift	Leg curl
Barbell reverse lunge	Glute press	1-leg stiff leg deadlift	Glute/hamstring raise
Barbell side squat	Leg press	Glute/hamstring raise	Hip & back
Barbell squat	Lunge	Romanian deadlift	Reverse hyperextensions
Barbell step ups	Machine squat	Stiff-leg deadlift	Romanian deadlift
Barbell step ups	Single-leg leg press		Romanian deadlift
Barbell walking lunge		<b>WEIGHT PLATE:</b>	Stiff-leg deadlift
Trap bar deadlift	<b>BODY WEIGHT / OTHER:</b>	Stiff-leg deadlift	
	1-leg squat	Romanian deadlift	<b>HIP ADDUCTOR/ABDUCTORS:</b>
<b>DUMBBELL:</b>	Forward lunge	Glute/hamstring raise	Machine hip adduction
Dumbbell 1-leg squat	Manual squat		Machine hip abduction
Dumbbell ball squats	Other object squat	<b>PLATE-LOAD MACHINE:</b>	Multi-hip abduction
Dumbbell deadlift	Pistol squats	1-leg Romanian deadlift	Multi-hip adduction
Dumbbell forward lunge	Reverse lunge	1-leg stiff-leg deadlift	
Dumbbell front squat	Sand bag squat	Hip & back	<b>HIP FLEXORS:</b>
Dumbbell iso-lunge	Side squat	Hip extension	Cable hip flexion
Dumbbell lateral step ups	Squat	Kneeling leg curl	Multi-hip flexion
Dumbbell reverse lunge	TRX squat	Prone leg curl	
Dumbbell side squat	Walking lunge	Romanian deadlift	<b>CALVES:</b>
Dumbbell squat	Wall squat	Seated leg curl	Dumbbell calf raise
Dumbbell step ups	Weighted vest lunges	Stiff-leg deadlift	Seated calf raise
Dumbbell walking lunge	Weighted vest squats		Standing calf raise
Goblet squat		<b>SELECTORIZED:</b>	Toe press on leg press
		1-leg Romanian deadlift	
<b>WEIGHT PLATE:</b>		1-leg stiff-leg deadlift	
Wt. plate forward lunge		Hip & back	
Wt. plate overhead squat		Hip extension	
Wt. plate reverse lunge		Prone leg curl	
Wt. plate side squat		Romanian deadlift	
Wt. plate squat		Seated leg curl	
Wt. plate step ups		Standing leg curl	
		Stiff-leg deadlift	
<b>PLATE-LOAD MACHINE:</b>			
1-leg squat		<b>BODY WEIGHT / OTHER:</b>	
45 degree leg press		Ball leg curl	
Deadlift		Glute/hamstring bridge	
Lunge		Glute/hamstring raise	
Machine squat		Manual leg curl	
Seated Leg press		Nordic hamstring	
Single-leg leg press		TRX hamstring curl	