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| Lower body | Spring workout plan | |
| Exercise | | Description | | Sets/reps | Muscle |
| Barbell back squat | | Put barbell on back across the shoulders and squat and until thighs parallel with ground | | 5/10 | Quads and calves |
| Db squat | | Hold dumbbells close to ears and squat down until thighs parallel | | 5/15 | Quads and calves |
| Db jump squat | | Hold dumbbells down next to hips and squat down and jump up | | 3/10 | Quads and calves |
| Db split squat | | Put one leg forward and one back and squat until knee is barely off the ground | | 5/10 | Quads and calves |
| Barbell lunge | | Put barbell on back across shoulder and lunge forward and squat | | 4/10 | Quads and calves |
| Db lunge | | Hold barbells down next to hips and lunge forward | | 5/10 | Quads and calves |
| Standing barbell calf raise | | Place barbell on back across shoulders and raise your feet until you stand on your toes | | 5/25 | Quads and calves |
| Single leg hip raise | | Lie face up on ground with one knee bent and one leg up and push up hips | | 4/10 | Glutes and hams |
| Db deadlift | | Hold dumbbell near hips and bend over and touch dumbbells to ground but keep back straight | | 4/10 | Glutes and hams |
| Barbell good morning | | Place barbell across back and bend over with back straight until back is parallel with ground | | 3/10 | Glutes and hams |
| Db step up | | Step up with dumbbell in hand near hips onto something about 2 feet | | 5/10 | Glutes and hams |