|  |  |
| --- | --- |
| 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 |