

Vücut Geliştirme

Bacak Grubu 1

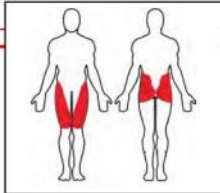
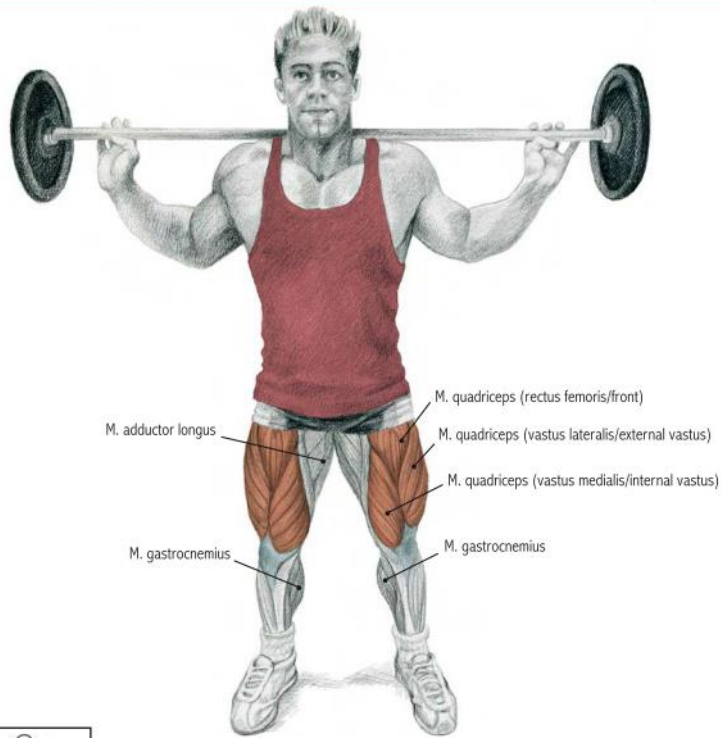
Spor Bilimleri Anabilim Dalı

Bacak Grubu 1

1

Legs,
Free Weights

BARBELL SQUAT



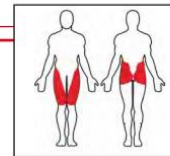
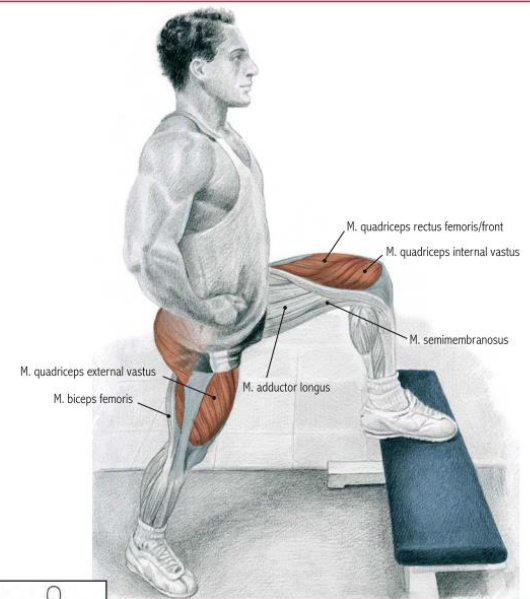
Muscles involved

MAIN MUSCLES: quadriceps, gluteus maximus
SECONDARY MUSCLES: hamstrings, adductors, gastrocnemius, muscles of the lower back and along the spine
ANTAGONISTS: iliopsoas, sartorius

2

Legs,
Free Weights

STEP-UP



Muscles involved

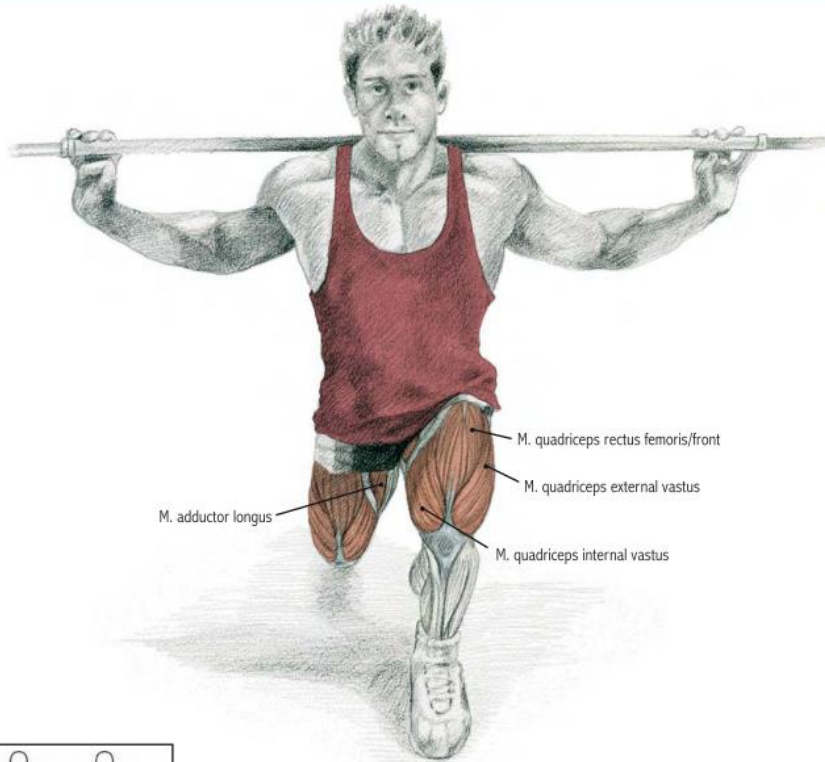
MAIN MUSCLES: gluteus maximus, quadriceps
SECONDARY MUSCLES: hamstrings, adductors
ANTAGONISTS: iliopsoas, sartorius

Bacak Grubu 1

3

Legs,
Free Weights

LUNGE

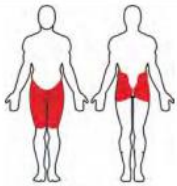


M. adductor longus

M. quadriceps rectus femoris/front

M. quadriceps external vastus

M. quadriceps internal vastus



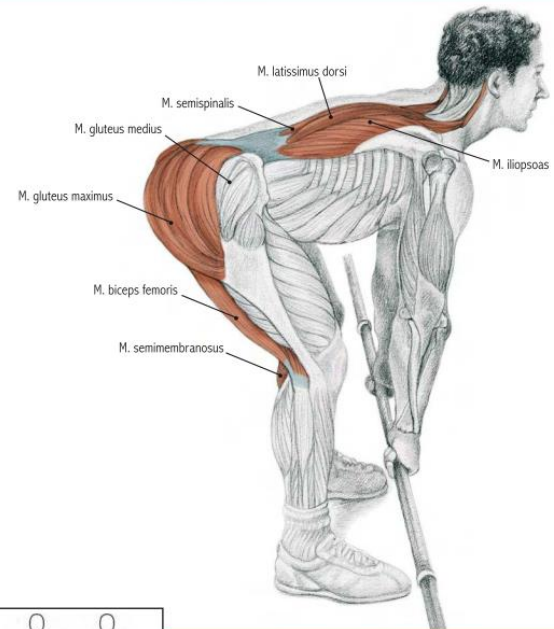
Muscles involved

MAIN MUSCLES: quadriceps, gluteus maximus, adductors
SECONDARY MUSCLES: hamstrings, front quadriceps
ANTAGONISTS: iliopsoas, sartorius

4

Legs,
Free Weights

DEADLIFT



M. latissimus dorsi

M. semispinalis

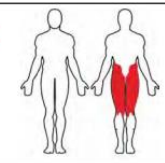
M. gluteus medius

M. iliopsoas

M. gluteus maximus

M. biceps femoris

M. semimembranosus



Muscles involved

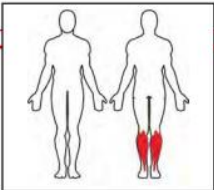
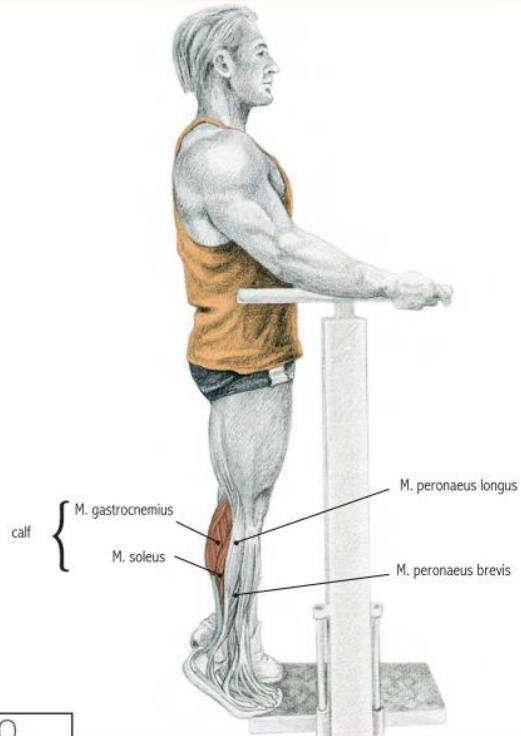
MAIN MUSCLES: gluteus maximus, hamstrings (semimembranosus, semitendinosus and long head of the biceps femoris), (muscles of the lower back and along the spine)
SECONDARY MUSCLES: gluteus medius (rear), great adductor, smallest adductor, piriformis
ANTAGONISTS: iliopsoas, front quadriceps, tensor fasciae latae, pectineus, sartorius

Bacak Grubu 1

5

Legs,
Free Weights

STANDING CALF RAISE



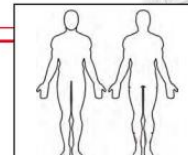
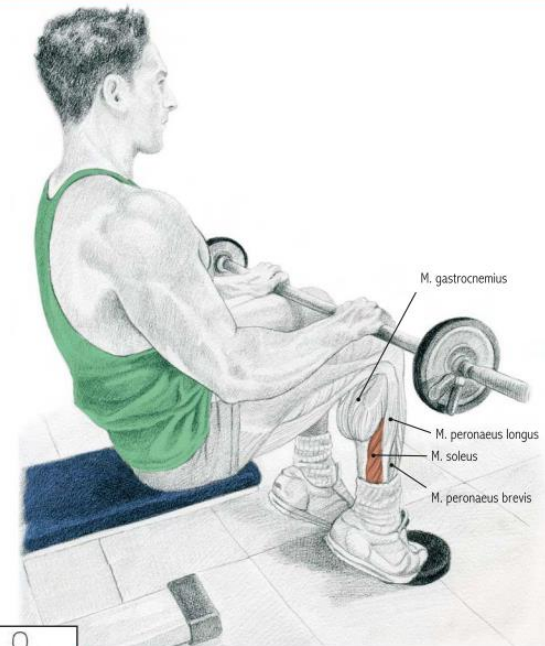
Muscles involved

MAIN MUSCLES: calf (soleus and gastrocnemius)
SECONDARY MUSCLES: peroneus longus and brevis, tibialis posterior, flexor digitorum longus
ANTAGONISTS: tibialis anterior, extensor digitorum

6

Legs,
Free Weights

BARBELL SEATED CALF RAISE



Muscles involved

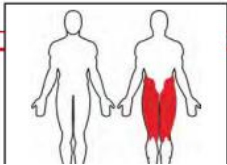
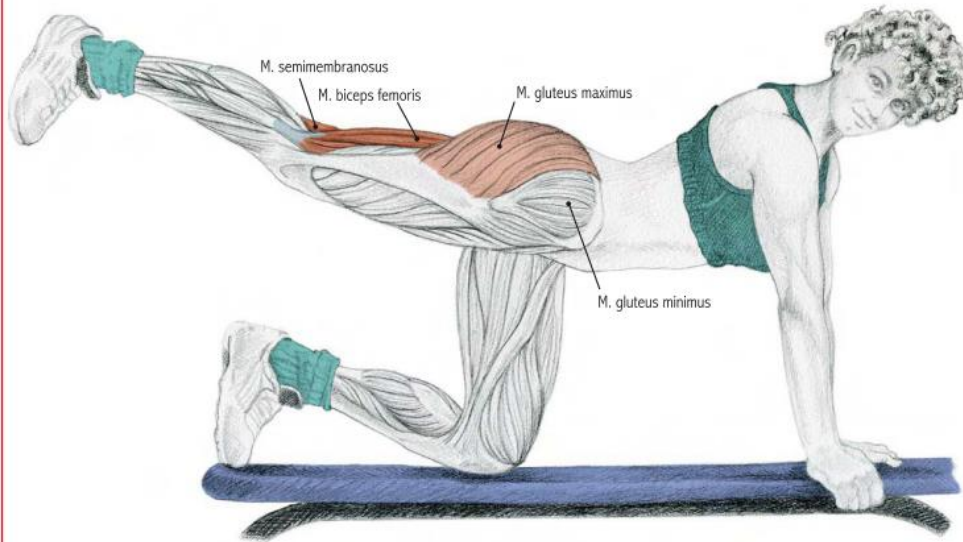
MAIN MUSCLES: soleus
SECONDARY MUSCLES: peroneus longus and brevis, gastrocnemius, tibialis posterior, plantar flexors
ANTAGONISTS: tibialis anterior, extensor digitorum

Bacak Grubu 1

7

Legs,
Free Weights

KICK-BACK



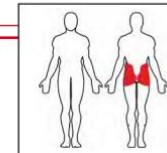
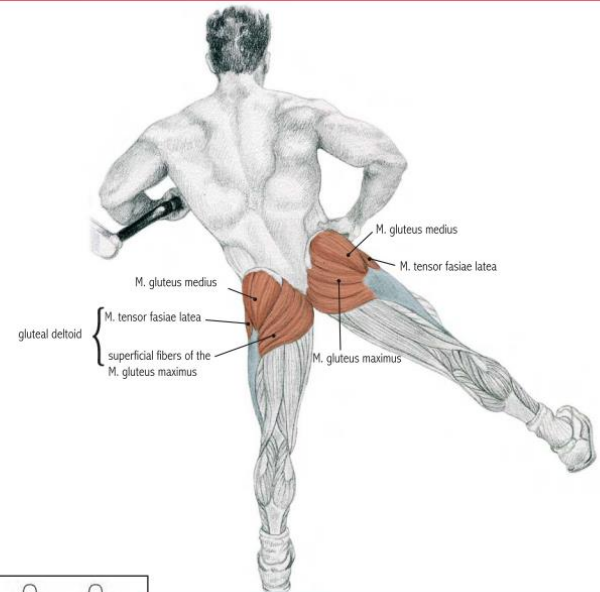
Muscles involved

MAIN MUSCLES: semimembranosus, semitendinosus, biceps femoris (long head)
SECONDARY MUSCLES: gluteus maximus and medius (rear) (and gluteus minimus), great adductor, piriformis, quadratus femoris
ANTAGONISTS: iliopsoas, sartorius, front quadriceps

8

Legs,
Free Weights

STANDING HIP ABDUCTION



Muscles involved

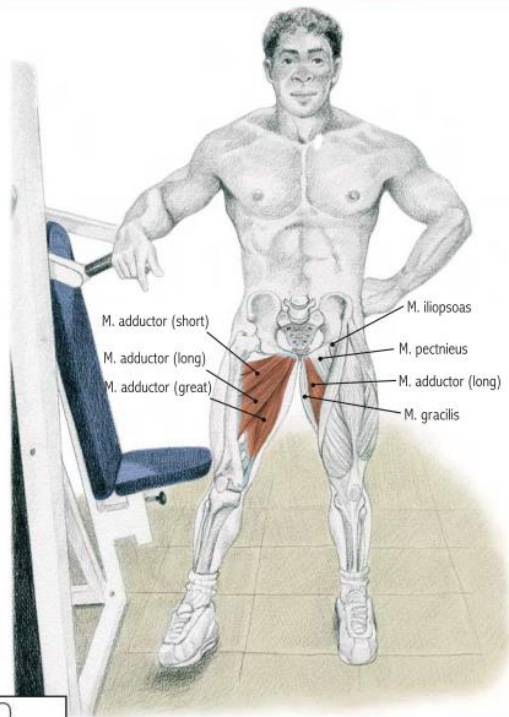
MAIN MUSCLES: gluteus medius, gluteal deltoid (tensor fasciae latae and superficial fibers of the gluteus maximus)
SECONDARY MUSCLES: gluteus minimus, piriformis, internal obturator, gemelli, gastrocnemius, sartorius
ANTAGONISTS: adductors (great, long, short, smallest), pectineus

Bacak Grubu 1

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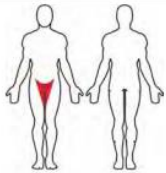
Legs,
Free Weights

STANDING HIP ADDUCTION



Muscles involved

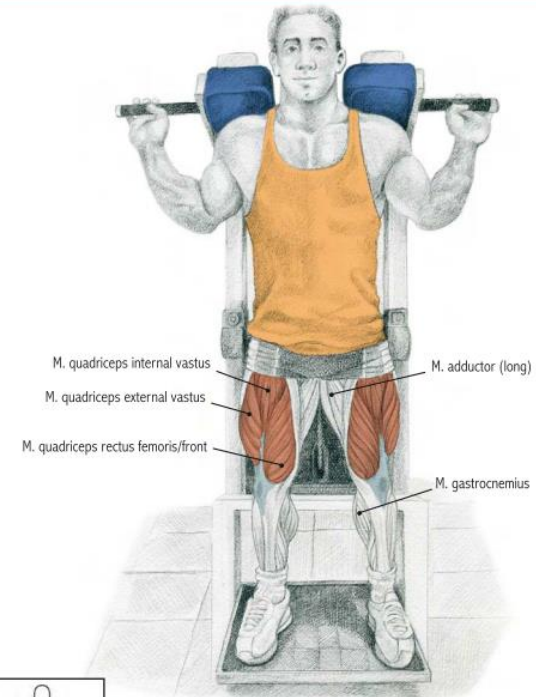
MAIN MUSCLES: adductors (great, long, short and smallest)
SECONDARY MUSCLES: deep gluteus maximus, gracilis, pectineus, quadratus femoris, external obturator, iliopsoas, hamstrings (primarily semitendinosus)
ANTAGONISTS: gluteus medius, gluteal deltoid (superficial fibers of the gluteus maximus and tensor fasciae latae)



12

Legs,
Machines

SLED SQUAT



Muscles involved

MAIN MUSCLES: quadriceps, gluteus maximus
SECONDARY MUSCLES: hamstrings, adductors, gastrocnemius, muscles of the lower back and along the spine
ANTAGONISTS: iliopsoas, sartorius

