

# **Vücut Geliştirme**

## **Bacak Grubu 2**

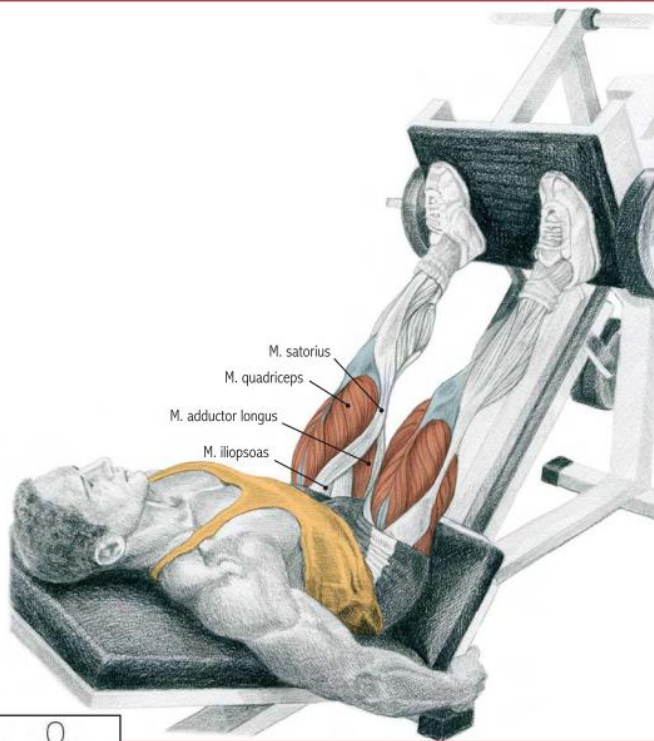
**Spor Bilimleri Anabilim Dalı**

# Bacak Grubu 2

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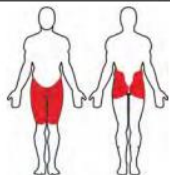
Legs,  
Machines

## LEG PRESS



### Muscles involved

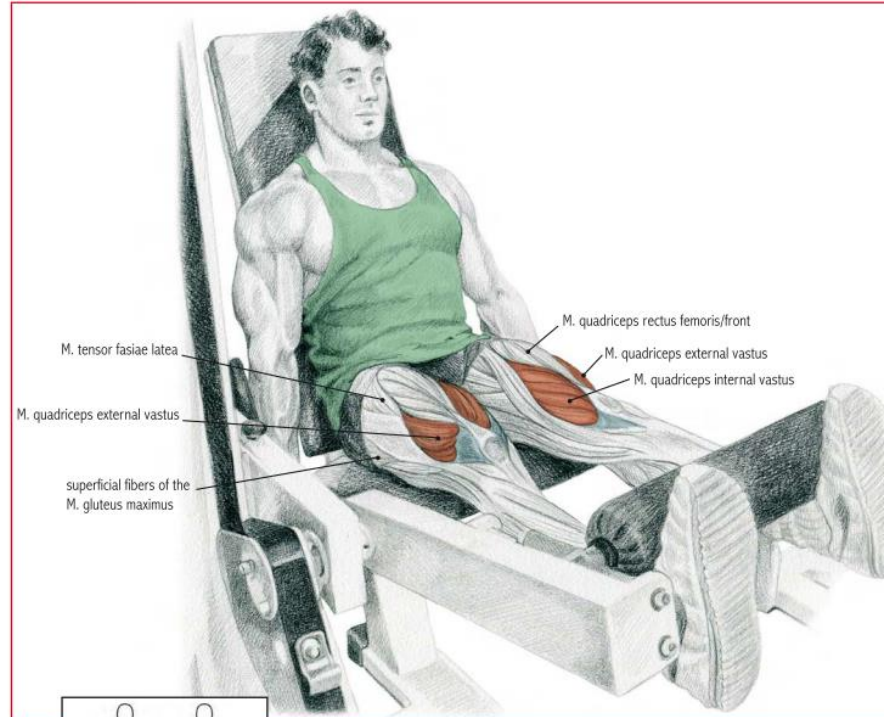
**MAIN MUSCLES:** quadriceps, gluteus maximus, adductors  
**SECONDARY MUSCLES:** hamstrings  
**ANTAGONISTS:** iliopsoas, sartorius



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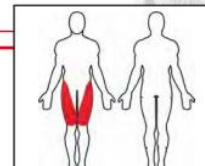
Legs,  
Machines

## MACHINE LEG EXTENSION



### Muscles involved

**MAIN MUSCLES:** quadriceps (vastus internus, externus, intermedius)  
**SECONDARY MUSCLES:** front quadriceps, gluteal deltoid (tensor fasciae latae and superficial fibers of the gluteus maximus)  
**ANTAGONISTS:** hamstrings, biceps femoris (short head), gracilis, sartorius, gastrocnemius

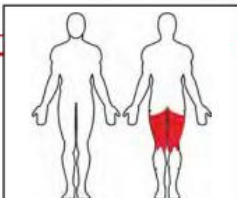
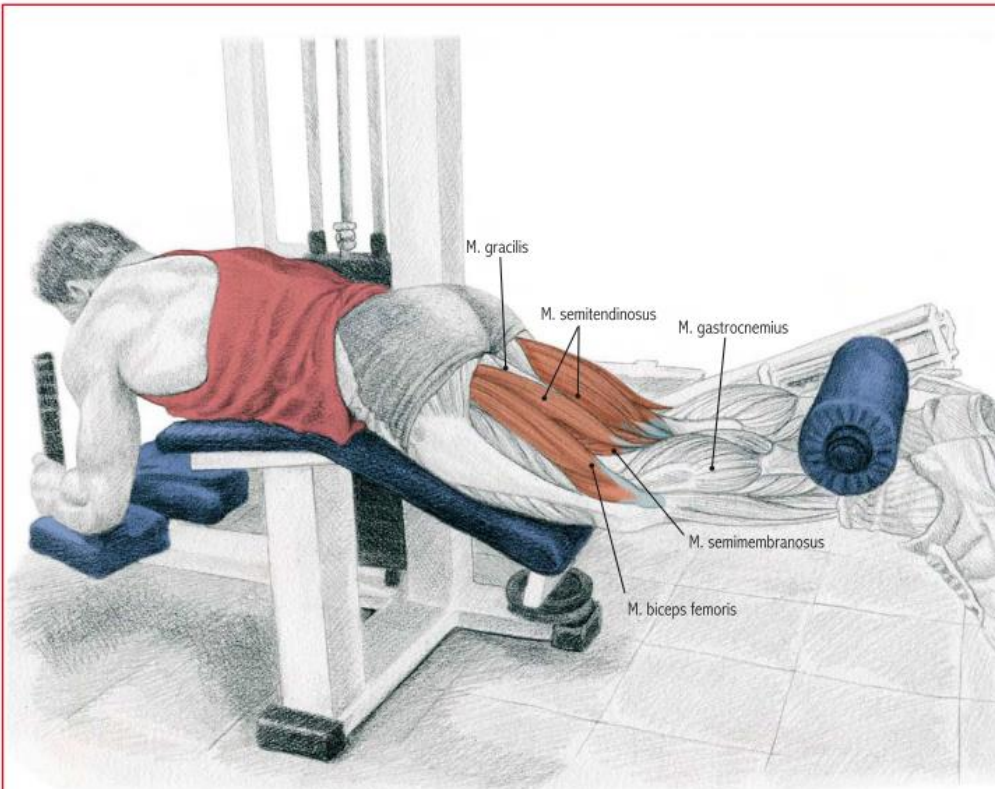


# Bacak Grubu 2

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Legs,  
Machines

## MACHINE LYING LEG CURL

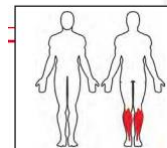
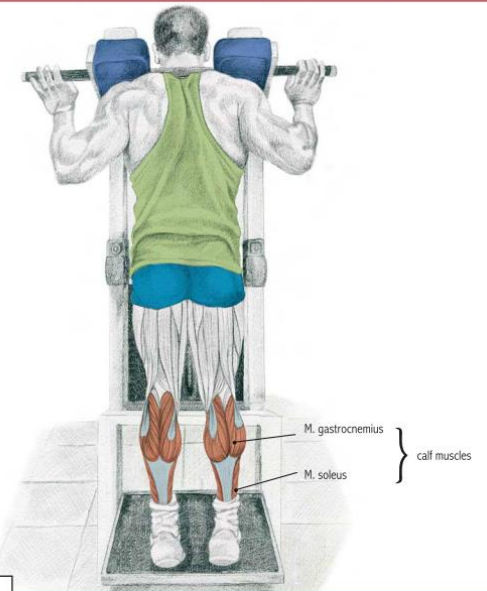


### Muscles involved

**MAIN MUSCLES:** biceps femoris (short head), hamstrings (semimembranosus, semitendinosus, long head of the biceps femoris)  
**SECONDARY MUSCLES:** gracilis, sartorius, gastrocnemius, popliteus  
**ANTAGONISTS:** quadriceps

Legs,  
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## MACHINE STANDING CALF RAISE



### Muscles involved

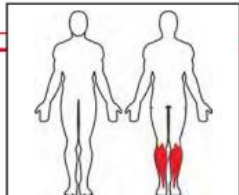
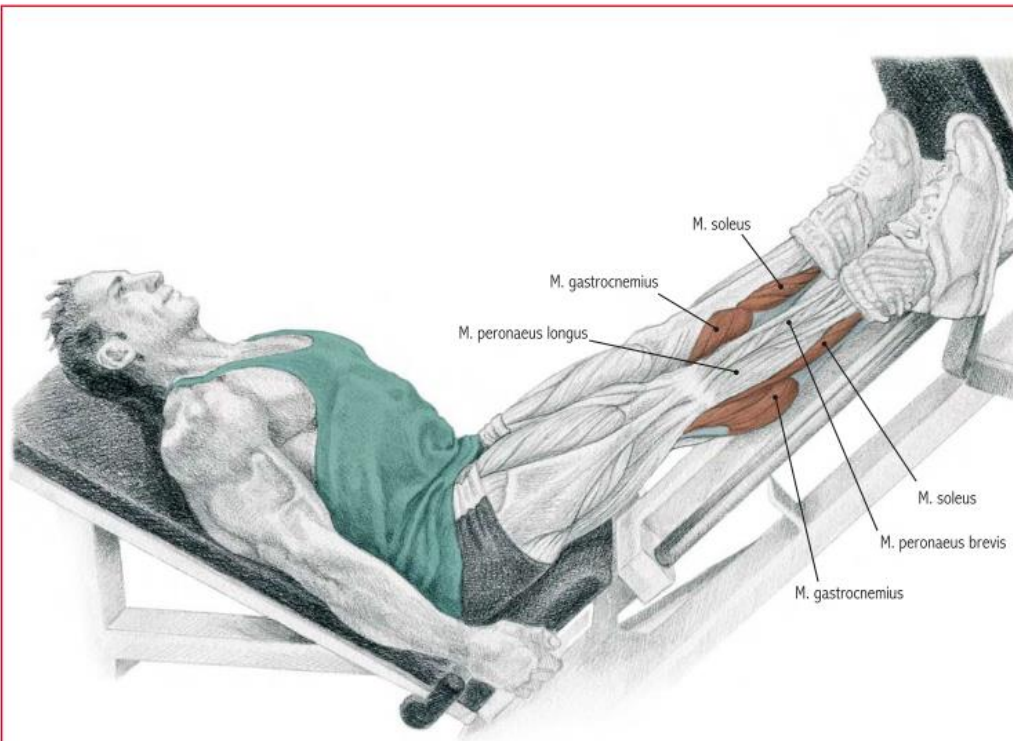
**MAIN MUSCLES:** calf muscles (soleus and gastrocnemius)  
**SECONDARY MUSCLES:** peroneus longus and brevis, flexor digitorum longus, tibialis posterior  
**ANTAGONISTS:** tibialis anterior, extensor digitorum

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## 45° CALF PRESS

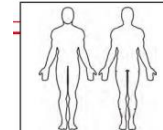
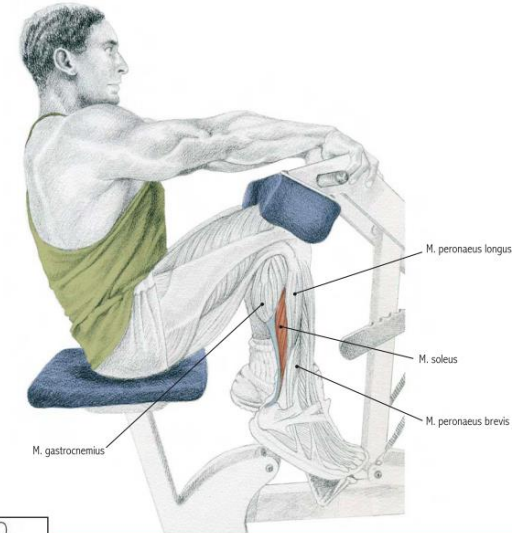


### Muscles involved

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

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## SEATED CALF RAISE



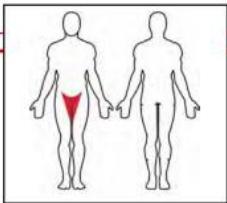
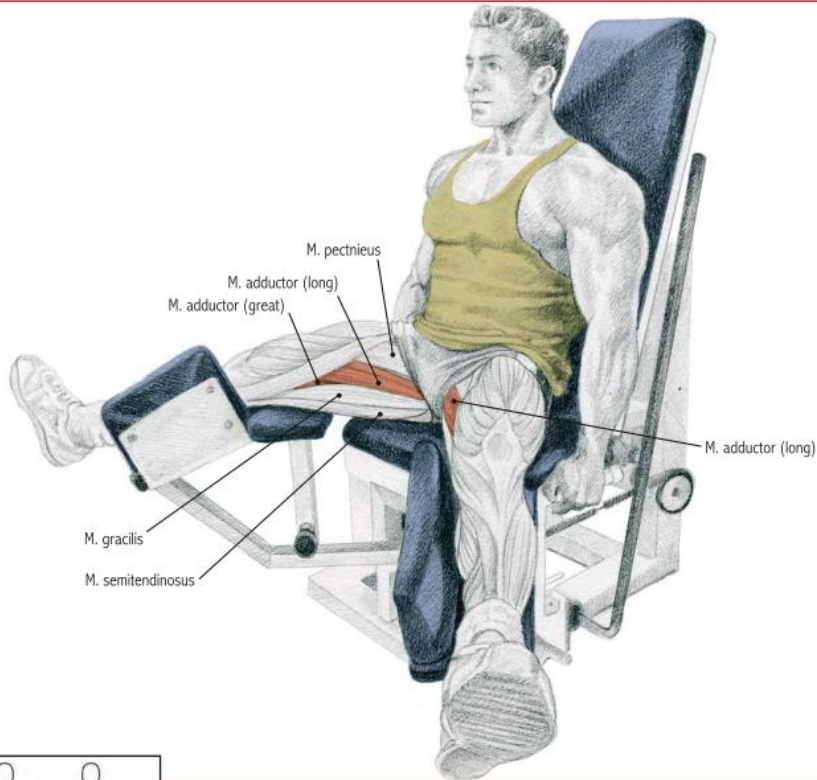
### Muscles involved

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

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## SEATED HIP ADDUCTION

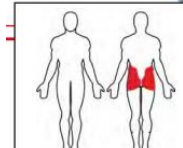
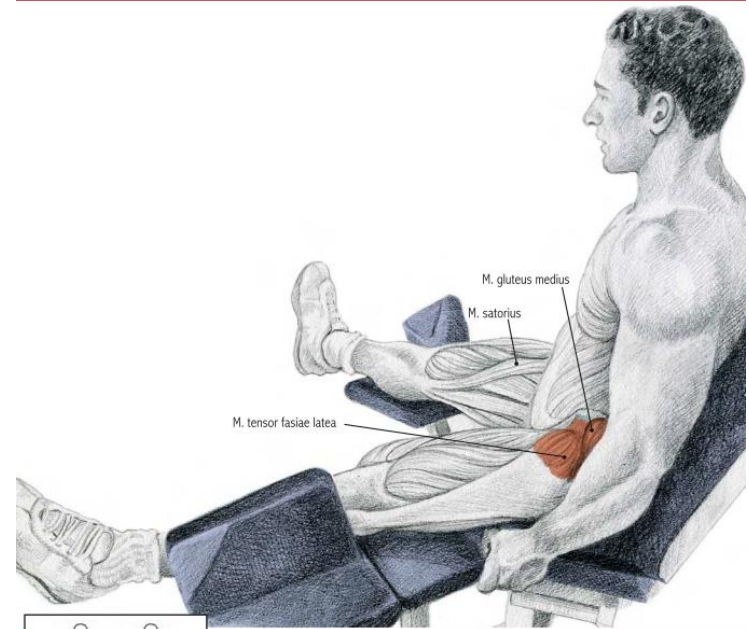


### Muscles involved

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

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## SEATED HIP ABDUCTION



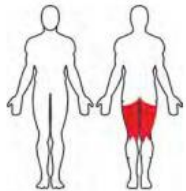
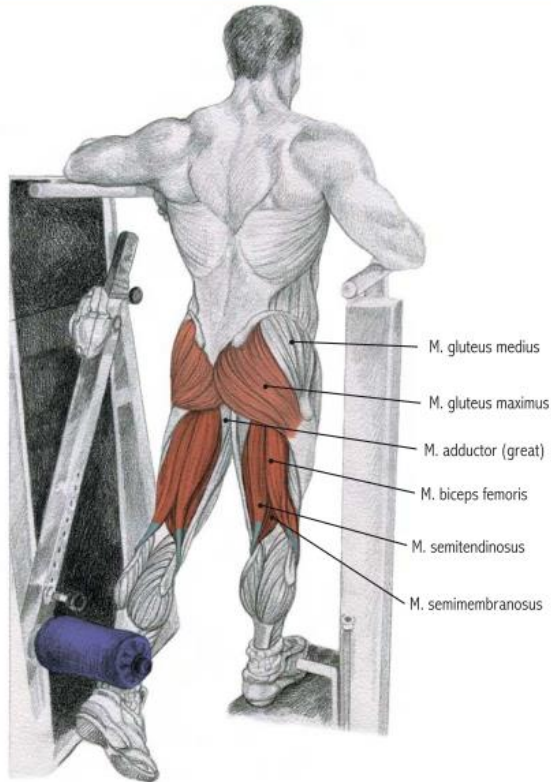
### Muscles involved

**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 2

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## STANDING HIP EXTENSION

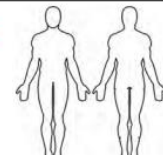
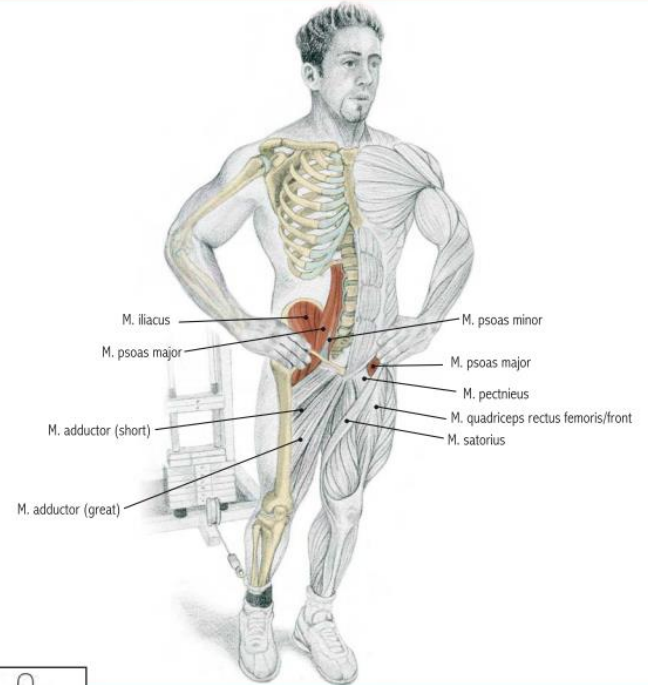


### Muscles involved

**MAIN MUSCLES:** hamstrings  
**SECONDARY MUSCLES:** gluteus maximus and medius (rear), great adductor, piriformis, quadratus femoris and gluteus minimus  
**ANTAGONISTS:** iliopsoas, sartorius, front quadriceps

Legs,  
Machines

## STANDING LEG RAISE / HIP FLEXION



### Muscles involved

**MAIN MUSCLES:** psoas (major and minor), iliacus  
**SECONDARY MUSCLES:** front quadriceps, tensor fasciae latae, sartorius, pectineus, adductors (long and short), gluteus minimus, (gluteus medius - front fibers), obturators  
**ANTAGONISTS:** gluteus maximus, hamstrings