

Module 4: Personal Fitness Plan
Topic 5 Content: Lower-Body Exercises Notes

Introduction



Lower-Body Exercises

Click **NEXT** to begin.

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Instructions

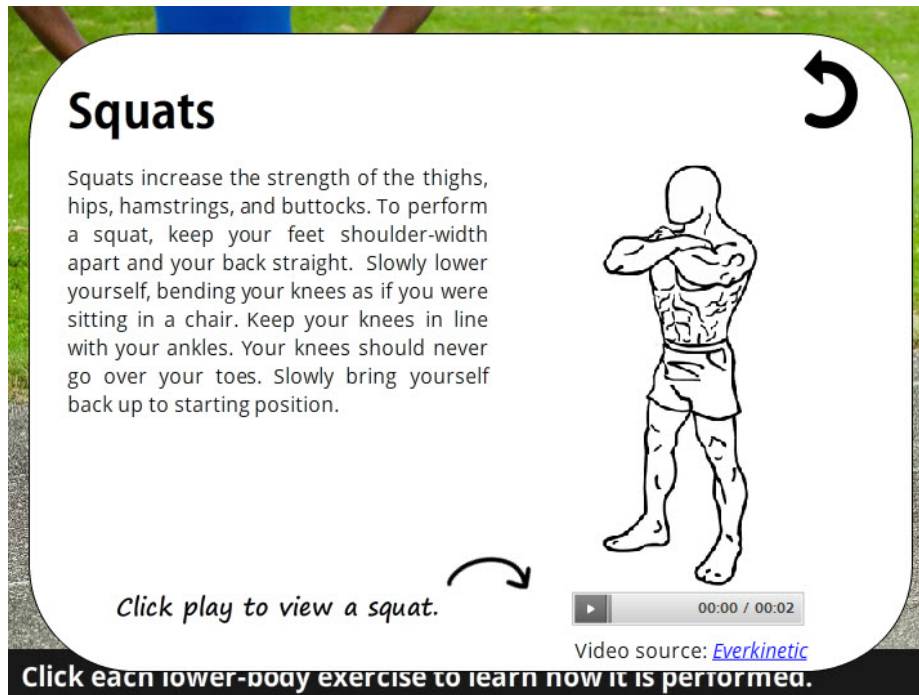


Click each lower-body exercise to learn how it is performed.

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Squats



Squats

Squats increase the strength of the thighs, hips, hamstrings, and buttocks. To perform a squat, keep your feet shoulder-width apart and your back straight. Slowly lower yourself, bending your knees as if you were sitting in a chair. Keep your knees in line with your ankles. Your knees should never go over your toes. Slowly bring yourself back up to starting position.



Click play to view a squat.

00:00 / 00:02

Video source: [Everkinetic](#)

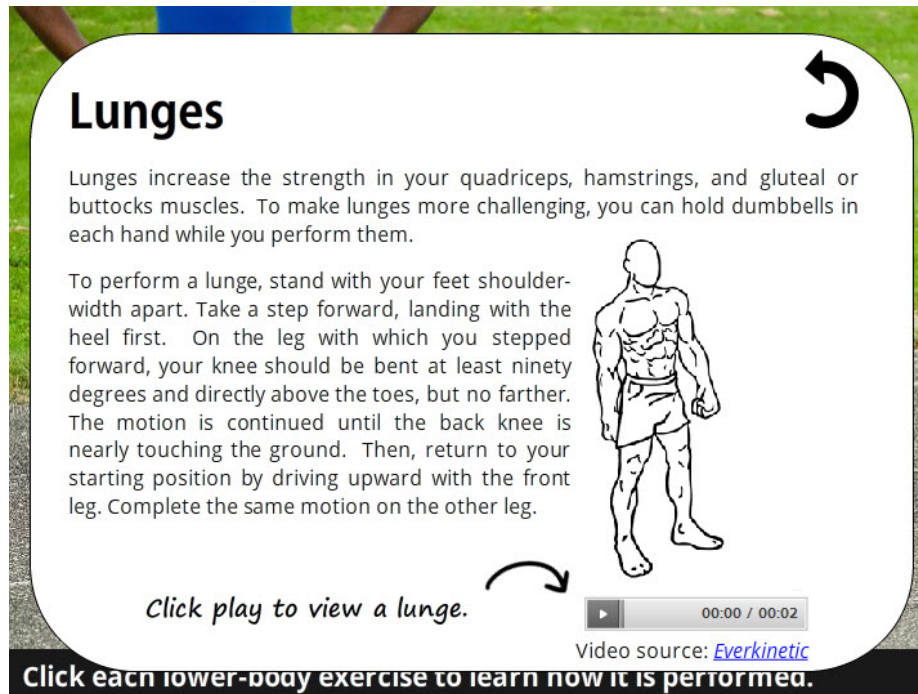
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Lunges



Lunges

Lunges increase the strength in your quadriceps, hamstrings, and gluteal or buttocks muscles. To make lunges more challenging, you can hold dumbbells in each hand while you perform them.

To perform a lunge, stand with your feet shoulder-width apart. Take a step forward, landing with the heel first. On the leg with which you stepped forward, your knee should be bent at least ninety degrees and directly above the toes, but no farther. The motion is continued until the back knee is nearly touching the ground. Then, return to your starting position by driving upward with the front leg. Complete the same motion on the other leg.

Click play to view a lunge.

Video source: [Everkinetic](#)

Click each lower-body exercise to learn how it is performed.

The screenshot shows a video player interface with a play button, a progress bar at 00:00 / 00:02, and a video source attribution to Everkinetic. A diagram of a human figure in a lunge position is also visible.

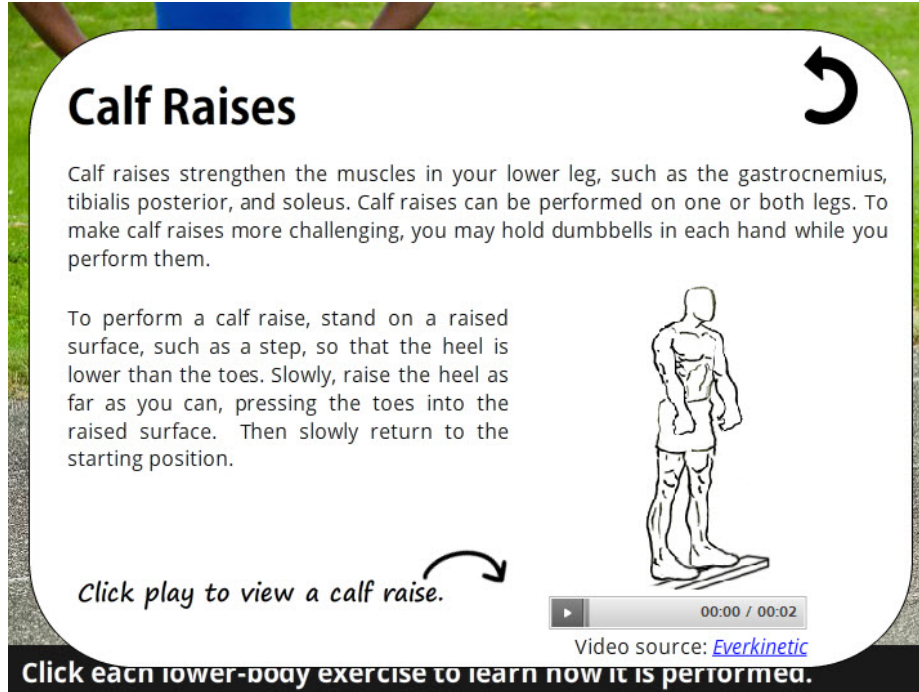
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Calf Raises




Calf Raises

Calf raises strengthen the muscles in your lower leg, such as the gastrocnemius, tibialis posterior, and soleus. Calf raises can be performed on one or both legs. To make calf raises more challenging, you may hold dumbbells in each hand while you perform them.

To perform a calf raise, stand on a raised surface, such as a step, so that the heel is lower than the toes. Slowly, raise the heel as far as you can, pressing the toes into the raised surface. Then slowly return to the starting position.

Click play to view a calf raise.



00:00 / 00:02

Video source: [Everkinetic](#)

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