

Top Isolation Exercises: Lower-body

Hips		Calves	
Hip Adduction	Hip Abduction	Straight Knee	Bent Knee
Bent-Knee Copenhagen Hip Adduction	Side Lying Hip Abduction	Barbell Calf Raise	Dumbbell Bent-Knee Calf Raise
Side Lying Hip Adduction	Dynamic Side Elbow Plank with Hip Abduction	Barbell Ankles Together Calf Raise	Dumbbell One Leg Bent-Knee Calf Raise
Side Lying Hip Adduction Leg Scissor	Dynamic Bent-Knee Side Elbow Plank with Hip Abduction	Dumbbell One Leg Leaning Calf Raise	Dumbbell Half-Kneeling Calf Raise
One Leg Hip Bridge with Leg Fallout	Quadruped Hip Abduction	Dumbbell One Leg Calf Raise	Dumbbell Seated One Leg Calf Raise
NT Loop Quadruped Hip Adduction	NT Loop Clamshell	Dumbbell Traveling Calf Raise	Machine Seated Calf Raise
NT Loop Half-Kneeling Hip Adduction Foot Shuffle	X-Band Lateral Shuffle	Dumbbell Calf Raise	
NT Loop Kneeling Slider Hip Adduction	Hip Loop Lateral Shuffle	Dumbbell Ankles Together Calf Raise	
Machine Hip Adduction	Hip Loop Low Lateral Shuffle	Machine Calf Raise	
	Machine Hip Abduction		
Glutes	Hamstrings	Quads	
Shortened Range	Shortened Range	Shortened Range	
One Leg Hip Bridge with Weight-Plate	Stability-ball Leg Curl	Sled Reverse Drag	
Dumbbell One Leg Hip Thrust	Stability-ball One Leg Curl	Sled One Leg Reverse Drag	
Cable One Leg RDL	Nordic Hamstring Curl	NT Loop Linear Squat Walk	
Cable Cross-body RDL	NT Loop Hip Bridge Leg Curl	NT Loop Straight-leg Walk	
NT Loop Thigh-Resisted One Leg Knee Hip Thrust	NT Loop Lying Leg Curl	NT Loop One Leg Extension	
NT Loop Hip Thrust	NT Loop Seated One Leg Curl	Machine Leg Extension	
NT Loop Hip Bridge	Machine Lying Leg Curl	Machine One Leg Extension	
NT loop Linear Monster Walk	Machine Lying One Leg Curl		
One Leg Hip Bridge with Leg Fallout	Machine Seated Leg Curl		
45-Degree Hip Extension	Machine Seated One Leg Curl		

