LEG CURL ALTERNATIVE EXERCISES

The long root continues above and branches into different types of legs, including the hamstrings, glutes, and calves. There are two key leg root alternative exercises that should be used.

- **Kettlebell Squat**
  - A quick movement that targets the lower body and helps improve balance and stability.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Barbell Good Mornings**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Summery Deadlift**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Lunges**
  - A compound movement that targets the glutes and hamstrings.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Barbell Deadlift**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Reverse Hip Thrusts**
  - A compound movement that targets the glutes and hamstrings.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Kettlebell Single-Leg Summery Squat**
  - A compound movement that targets the glutes and hamstrings.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Glute Ham Raises**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Barbell Summery Squat**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Barbell Summery Deadlift**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.

- **Barbell Summery Squat**
  - A compound movement that targets the hamstrings and glutes.
  - Can be performed on one or both legs.
  - Excellent for building lower body strength.