

SMITH MACHINE LEG WORKOUT ROUTINE FOR STRENGTH AND SIZE

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Check out [article](#) for more info

The Smith machine is an excellent piece of equipment, allowing you to hit your quads, glutes, hamstrings, and calves individually with better control and less risk of injuries.

Whether you're a beginner, intermediate, or advanced, you can use these workouts to train your legs and glutes effectively.

30-Minute Leg Workout on Smith Machine for Beginners

Exercise	Sets	Reps	Rest
Smith Machine Front Squat	3	10-15	2-min
Smith Machine Leg Press	3	10-15	2-min
Rack Pull	3	8-10	2-min
Standing Calf Raises	3	15-20	1-min

Exercise 1 – Smith Machine Front Squat

Primary Target Muscle: Quadriceps

Instructions: Set the Smith Machine bar to chest height. Stand facing the bar, feet shoulder-width apart. Grab the bar with an overhand grip, resting it on your front shoulders. Squat down, keeping your back straight. Push through your heels to stand up.

Exercise Tips: Use an overhand grip on the bar and avoid leaning too far forward.

Alternate Option: [Bodyweight Squat](#)/Dumbbell Front Squat

Exercise 2 – Smith Machine Leg Press

Primary Target Muscle: Quadriceps

Instructions: Set the bar at an appropriate height and put the desired weight into it. Lie on the floor under the bar and place your feet on the platform. Push the weight upward by extending your legs. Pause for a moment, then bend your knees to lower the weight.

Exercise Tips: Make sure your feet are shoulder-width apart, core tight, and lower back on the ground.

Alternate Option: Front Squat/Machine Leg Press

Exercise 3 – Rack Pull

Primary Target Muscle: Hamstrings and Lower Back

Instructions: Adjust the bar to knee or mid-thigh height. Stand with your feet shoulder-width apart. Grip the bar slightly wider than shoulder-width. Lift the bar by extending your hips and standing upright. Lower it down, maintaining a straight back.

Exercise Tips: Avoid rounding your back and keep your abs tight while lifting.

Alternate Option: [Dumbbell Romanian Deadlift](#)

Exercise 4 – Standing Calf Raises

Primary Target Muscle: Calves

Instructions: Set the bar at shoulder level. Place your shoulders under the bar and stand with your feet hip-width apart. Push up on your toes, lifting your heels as high as possible. Lower your heels below the level of the platform.

Exercise Tips: Use a full range of motion, going as high and low as your calves allow, and contract them at the top.

Alternate Option: Machine Calf Raises/Leg Press Machine Calf Raises

45-Minute Smith Machine Leg Workout Routine for Intermediate

Exercise	Sets	Reps	Rest
Sumo/Back Squat	3-4	10-15	2-3 min
Stationary Front Lunges	2-3	10/leg	1-2 min
Romanian Deadlift	3-4	8-10	2-3 min
Glute Kickback/Hip Thrust	2-3	10-12	1-2 min
Sissy Squat (Optional)	2-3	15-20	1-2 min
Standing Calf Raises	3-4	15-20	1-2 min

Exercise 1 – Smith Machine Sumo Squat

Primary Target Muscle: Quads and Adductors

Instructions: Stand with your feet wide apart; toes pointed outward. Position your back under the bar. Hold the bar with an overhand grip. Lower your body by bending your knees and hips. Pushing through your feet, return to the starting position.

Exercise Tips: Maintain a wide stance with toes angled out and keep your chest up and back straight.

Alternate Option: Bodyweight/Dumbbell Sumo Squat

Exercise 2 – Stationary Front Lunges

Primary Target Muscle: Thighs and Glutes

Instructions: Place the bar on the back of your shoulder and stand facing away from the machine with your feet apart in a split stance. Lower your body by bending the front knee until your rear knee almost touches the ground. Pressing through your leading foot to return to the standing position. Complete repetitions, then switch legs.

Exercise Tips: Maintain a flat back and avoid letting your front knee extend past your toe.

Alternate Option: Bodyweight/Dumbbell Lunges

Exercise 3 – Romanian Deadlift

Primary Target Muscle: Hamstrings, Glutes, and Lower Back

Instructions: Set the bar to hip height. Stand with feet hip-width apart. Bend at your hips, keeping your knees slightly bent. Grip the bar with an overhand grip. Lower the bar while maintaining a straight back. Stand back up by extending your hips.

Exercise Tips: You can softly bend your knees while hinging forward. Avoid arching your back by keeping your core tight.

Alternate Option: Dumbbell/[Resistance Band Deadlift](#)

Exercise 4 – Glute Kickback

Primary Target Muscle: Glute

Instructions: Set the bar at ankle height. Kneel facing away from the machine with your hands on the floor. Lift one leg behind you and press the bar upward until you feel the full contraction in your glutes. Pause for a moment, then return to the start. Complete repetitions, then switch legs.

Exercise Tips: Place a mat under your knees, keep your core tight, and perform each rep in a controlled manner, feeling the contraction in your glutes.

Alternate Option: Bodyweight/[Resistance Band Glute Kickback](#)

Exercise 5 – Sissy Squat

Primary Target Muscle: Quadriceps

Instructions: Stand a few feet away from the bar with your feet hip-width apart. Hold the bar on your upper back for support. Slowly lower your body by bending your knees while keeping your back straight. Descend as far as your flexibility allows. Push back up to the starting position. Complete repetitions with control.

Exercise Tips: Use lightweight, keep your core tight, and perform each rep in a slow and controlled manner.

Alternate Option: No alternative

Exercise 6 – Standing Calf Raises

Check the exercise number four in the above section.

60 Advanced Smith Machine Workout to Build Firm Legs and Glutes

Exercise	Sets	Reps	Rest
Smith Machine Back Squat	4	20, 15, 12, 10	2-3 min
Smith Machine Leg Press	4	20, 15, 12, 10	2-3 min
Bulgarian Split Squat	2	10/leg	1-2 min
Romanian Deadlift	3	8-10	2-3 min
Smith Machine Step-Up	2	10/leg	1-2 min
Hip Thrust	3	15, 12, 10	2-3 min
Calf Raises	3	15-20	1-2 min

Exercise 1 – Back Squat

Primary Target Muscle: Legs and Glutes

Instructions: Position the bar across your upper back and shoulders and stand upright with your feet two times wider than hip-width and toes pointing slightly out (a few inches away from the machine). Brace your core and lower your body by bending your knees and hips, keeping your back straight until your glutes are parallel to the floor. Push the weight back to the starting position.

Exercise Tips: keep your chest up and back straight and avoid moving your knees beyond the toes.

Alternate Option: Fron Squat and Leg Press

Exercise 2 – Smith Machine Leg Press

See exercise number two for instructions and tips under the beginner workout heading.

Exercise 3 – Bulgarian Split Squat

Primary Target Muscle: Thighs and Glutes

Instructions: Stand facing away from the machine, with one foot positioned on a bench behind you. Hold the bar on your upper back and grab it for support. Lower your body by bending your front knee, ensuring it doesn't extend past your toes. Push back up to the starting position. Complete suggested repetitions, then repeat on the opposite side.

Exercise Tips: Maintain a flat back during the movement and avoid moving your front knee beyond the toes.

Alternate Option: Reverse Lunges

Exercise 4 – Romanian Deadlift

See exercise number three for instructions and tips under the intermediate workout section.

Exercise 5 – Smith Machine Step-Up

Primary Target Muscle: Legs and Glutes

Instructions: Place the bar on your upper back and stand facing the machine with a step or bench in front. Place one foot on the step. Push through the top foot and step up. Lower yourself back down. Complete repetitions, then switch legs.

Exercise Tips: Slightly lean your torso forward, maintain a neutral spine, and control the ascent and descent.

Alternate Option: Bodyweight/Dumbbell Step-up

Exercise 6 – Hip Thrust

Primary Target Muscle: Glutes and Lower Back

Instructions: Position a bench under the bar and place your upper back on it. Keep your feet flat on the floor with your knees 90 degrees bent. Put the bar over your hips (use a thick support pad). Thrust your hips up, pushing the bar upward. Lower your hips back down. That's one rep.

Exercise Tips: Keep your abs and glutes tight while you thrust the bar. Grab the sides of the bench with your hands for support.

Alternate Option: Barbell/Dumbbell Hip Thrust

Exercise 7 – Standing Calf Raises

See exercise number four for instructions and tips under the beginner workout routine.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

More Exercises:

- [20 Best Dumbbell Pull Exercises](#)
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