

## Lower Body Exercise Chart for the DF4900 Smith Machine by Deltech Fitness

Squat

**Calf Raise** 



Start



Start

**Finish** 

Lunge





Start

**Finish** 

**Finish** 

Start

Finish

## **Front Squat**

**Hip Thrust** 



Start

**Finish** 



Finish

Some exercises may require additional equipment