



Stolen from: <https://mensfitness.co.uk/workouts/try-this-dumbbell-only-leg-workout/>

## Leg Workout



### 1. Bulgarian Split Squat

**Weight:** Rebs: 10 each side **Sets:** 3 **Rest:** 60 secs

- Rest the instep of your back foot on a chair and plant your front foot so it's facing forwards.
- Your hips should be facing forwards and your torso should be upright with your core braced.
- Keeping your torso upright, lower until your front thigh is parallel to the floor.
- Keep your front knee in line with your foot but make sure it doesn't travel beyond your toes.



## 2. Side Lunge

**Weight:** Rebs: 10 each side **Sets:** 3 **Rest:** 60 secs

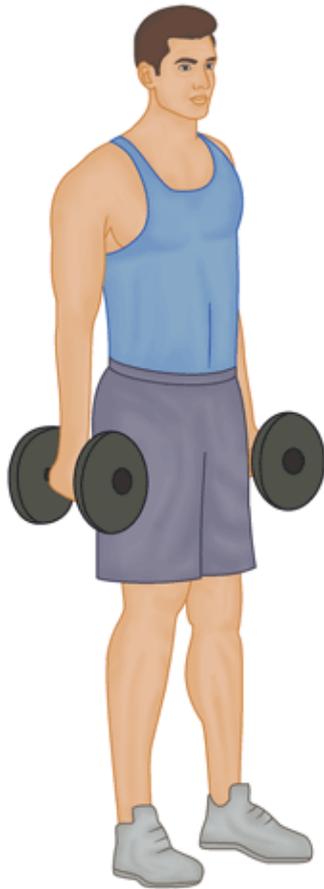
- Stand with your feet close together and facing forward, your torso upright and dumbbells by your sides.
- Take a big step to the side, lowering onto your leading leg.
- As you bend your leading knee, lower the dumb-bells until they touch either side of your foot.



### 3. Sumo Squat

**Weight:** **Reps:** 12-15 **Sets:** 3 **Rest:** 60 secs

- Take a wide stance with your toes pointing out slightly.
- Grip a dumbbell with both hands and lower until your thighs are parallel to the floor.
- Keep your knees in line with your toes and your back upright.



## DUMBBELL REVERSE LUNGE

- ① Stand upright with a pair of dumbbells held by your sides
- ② Step back with your right foot, keeping it 2-3 feet behind your left

Equipment Used: Dumbbells

Routine : 3-4 sets , each of 12-15 reps

**101**Exercise

### 4. Reverse Lunge

**Weight:** **Reps:** 10 each side **Sets:** 3 **Rest:** 60 secs

- Stand with your feet slightly apart, your back upright and the dumbbells by your sides.
- Step back into a lunge, bending your back leg so that your back knee nearly touches the floor.
- Keep your torso upright throughout the move and make sure your front knee is over your front toe.
- Push off the back foot to return to the start.



## 5. Side Step-Up

**Weight:** **Reps:** 10 each side **Sets:** 3 **Rest:** 60 secs

- Try to find a chair or box that is no higher than knee height and place one foot flat on the top with your other foot to the side.
- Keep your back upright and hold the dumbbells by your sides.
- Push up with your leading leg while keeping your back upright.
- Step back down to the side with your trailing leg and repeat as before for all your reps before swapping sides.