

The Ultimate LEG DAY

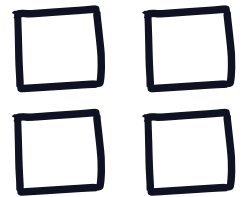
Workout Plan

Equipments needed: optional pair of dumbbells and mat.

Squats

Essential for building overall leg strength. Engage quads, hamstrings, glutes, and core. Maintain good form: chest up, back straight, knees tracking over toes.

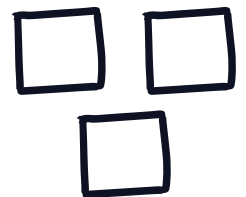
4 sets of
8 reps



Bulgarian Split Squats

Addresses imbalances between legs. Place one foot behind on a bench and lower until front thigh is parallel to the ground. Push back up through the heel.

3 Sets of
5 Reps
per Side



Single-Leg Romanian Deadlifts (SL RDLs)

Targets hamstrings and improves balance. Hinge at hips with one leg off the ground, lowering weights until feeling a stretch in hamstrings.

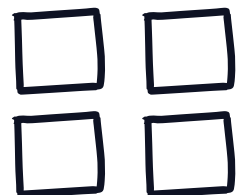
2 Sets of
10 Reps
per Side



Side Lunges

Works inner and outer thighs. Enhances stability and strength. Step out to the side, keeping toes forward, and lower into the lunge with knee over toes.

4 sets of
5 reps
per Side



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Workout Plan

Checklist Continued...

Equipments needed: optional pair of dumbbells and mat.

Calf Raises

Builds lower leg strength and endurance.
Perform with toes on a raised surface for a deeper stretch.

3 Sets of
5 Reps
per Side

