Bodyweight Leg Workout

Legs with no kit but a wall: lunges, side squats, single leg bridges, a wall sit and calf raises, harder than they look.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Lower body	Intermediate	40 min	None

WARM UP

Once through, at an easy pace

Leg Swing



10 reps
each side

Bodyweight Squat



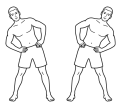
10 reps

Glute Bridge



10 reps

Hip Circle

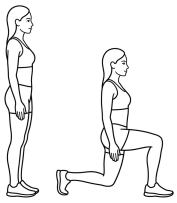


8 reps

MAIN

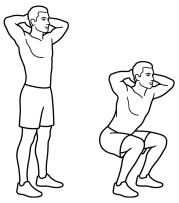
All sets of a move, then the next

1 Reverse Lunge



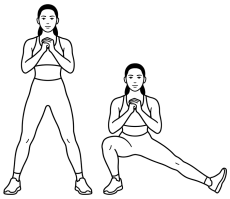
3 × 12
each side · rest 60 s
Step back long; the front knee stays over the foot

2 Prisoner Squat



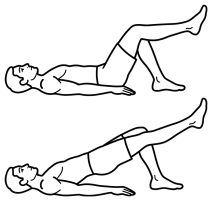
3 × 15
rest 60 s

3 Cossack Squat



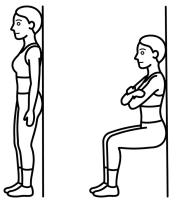
3 × 8
each side · rest 60 s
Only as low as the heel stays down

4 Single-Leg Glute Bridge



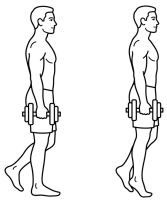
3 × 12
each side · rest 45 s

5 Wall Sit



3 × 45 s
rest 60 s

6 Single-Leg Calf Raise

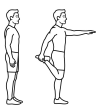


2 × 15
each side · rest 30 s
A hand on the wall for balance

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Lying Hamstring Stretch



30 s
each side

Pigeon Hip Stretch



30 s
each side