Dumbbell Leg Workout for Beginners

Squat, hinge, lunge and bridge with a pair of dumbbells: a first leg and glute session at home, with a short wall sit to finish.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Lower body	Beginner	30 min	Dumbbells

WARM UP

Once through, at an easy pace

Bodyweight Squat



10 reps

Leg Swing



8 reps
each side

Glute Bridge



10 reps

Reverse Lunge



4 reps
each side

MAIN

All sets of a move, then the next

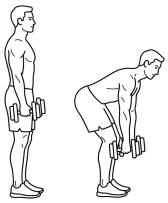
1 Dumbbell Goblet Squat



3 × 10
rest 75 s

Elbows inside the knees at the bottom

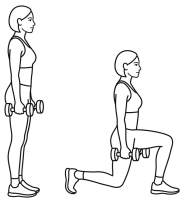
2 Dumbbell Romanian Deadlift



3 × 10
rest 75 s

Push the hips back, back flat

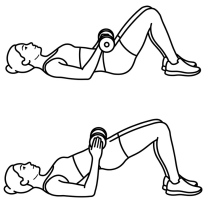
3 Dumbbell Reverse Lunge



2 × 8
each side · rest 60 s

Start with no dumbbells if balance is hard

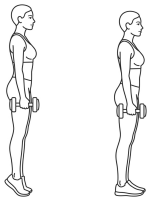
4 Dumbbell Glute Bridge



3 × 12
rest 60 s

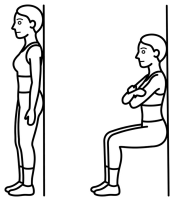
One dumbbell across the hips

5 Dumbbell Standing Calf Raise



2 × 15
rest 45 s

6 Wall Sit



2 × 30 s
rest 45 s

Thighs as level as is comfortable; last move, hold on

COOL DOWN

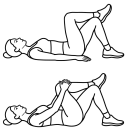
Once through, at an easy pace

Kneeling Hip Flexor Stretch



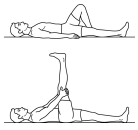
30 s
each side

Figure-4 Glute Stretch



30 s
each side

Lying Hamstring Stretch



30 s
each side