

DUMBBELL ONLY LEG DAY

This is the perfect workout if you want a dumbbell workout from home or if you are in a busy gym and need to find a quiet corner with limited equipment.

EXERCISE	REPS	SETS	REST	COMMENTS
GOBLET SQUATS	12 - 15	4	45 – 60S	<ul style="list-style-type: none">• Keep back neutrally aligned and your eyes facing straight• Press your hips back and begin bending your knees• Keep dumbbell close to your body
ROMAIN DEADLIFT	10 - 12	3	45 – 60S	<ul style="list-style-type: none">• Always contract lats and belly breathe• Keep knees soft and lead from the hips pushing backward• Spine neutrally aligned with weights close with the legs
SUMOSQUAT TO WEIGHTED SQUAT JUMP	12	3	45 – 60S	<ul style="list-style-type: none">• 1 sumo squat to weighted squat jump = 1 rep• Stand with feet out wide with toes facing out• Land from jump on toes first then bring heels down
CURTSY LUNGES	10 EACH LEG	3	45 – 60S	<ul style="list-style-type: none">• Draw a semicircle with your foot, moving it clockwise until it crosses behind your opposite foot• Lunge down deep as possible, keep knee inches off floor
GLUTE BRIDGES	20	4	45 – 60S	<ul style="list-style-type: none">• Have toes slightly pointing up to engage glutes more• Hold bridged position for a couple of seconds at the top• Place dumbbell/s on hip bone area
WALKING LUNGES	AMRAP	3	45 – 60S	<ul style="list-style-type: none">• Keep body upright and core engaged to help with stability• If struggling with balance, place foot together after step• Lean forward with hips pushed back to engage glutes• Make a right angle in both knees during movement

