

# Free Printable Workout Guide: Bodyweight Leg Exercises at Home

## Introduction

Leg strength is the foundation of full-body fitness. Strong legs improve balance, mobility, and athletic performance,

while reducing injury risks. The best part? You don't need equipment-just commitment.

This guide will walk you through the 10 most effective bodyweight leg exercises at home and provide structured routines you can follow.

### 1. Squats

Muscles worked: Quads, hamstrings, glutes

Reps: 12-15 (Beginner: half squats, Advanced: jump squats)

### 2. Lunges (Forward & Reverse)

Muscles worked: Quads, glutes, calves

Reps: 8-10 per leg (Beginner: wall support, Advanced: jumping lunges)

### 3. Glute Bridges

Muscles worked: Glutes, hamstrings, core

Reps: 12-15 (Advanced: single-leg glute bridge)

### 4. Step-Ups

Muscles worked: Quads, glutes, calves

Reps: 10-12 per leg

### 5. Wall Sits

Muscles worked: Quads, glutes

Duration: 20-60 seconds

### 6. Calf Raises

Muscles worked: Calves, ankles

Reps: 15-20

#### 7. Bulgarian Split Squats

Muscles worked: Quads, hamstrings, glutes

Reps: 8-10 per leg

#### 8. Donkey Kicks

Muscles worked: Glutes, hamstrings

Reps: 12-15 per side

#### 9. Fire Hydrants

Muscles worked: Glutes, hips

Reps: 10-12 per side

#### 10. Single-Leg Deadlifts

Muscles worked: Hamstrings, glutes, balance

Reps: 8-10 per side

---

### Workout Routines

#### Beginner Routine (15 minutes)

- 10 squats
- 8 lunges (per leg)
- 10 glute bridges
- 20-second wall sit
- 12 calf raises

Repeat 2-3 rounds

#### Intermediate Routine (20 minutes)

- 12 Bulgarian split squats (per leg)
- 15 donkey kicks (per side)

- 12 fire hydrants (per side)
- 10 single-leg deadlifts (per leg)
- 30-second wall sit

Repeat 3-4 rounds

#### Advanced Routine (25 minutes)

- 15 jump squats
- 12 reverse lunges (per leg)
- 20 glute bridges
- 15 single-leg calf raises (per leg)
- 40-second wall sit
- 12 Bulgarian split squats (per leg)

Repeat 4-5 rounds

---

#### Weekly Training Schedule

Day 1: Beginner or Intermediate routine

Day 2: Rest or light cardio

Day 3: Intermediate or Advanced routine

Day 4: Rest

Day 5: Beginner + Core routine

Day 6: Advanced routine

Day 7: Rest or yoga/stretching

---

#### Safety & Form Tips

- Warm up with 5 minutes of light cardio
- Keep knees aligned with toes during squats/lunges
- Breathe consistently
- Cool down with stretches

---

Progress Tracking Sheet

| Date | Routine Chosen | Rounds Completed | Wall Sit Duration | Notes/Improvements |