

HOME LEG WORKOUT CHEAT SHEET

Warm-Up (5-10 mins)	<ul style="list-style-type: none">• Jog in place or jump rope (2 mins)• Leg swings (10 each leg)• Bodyweight squats (10 reps)• Walking lunges (10 each leg)
Main Workout - Lower Body Push - Lower Body Pull - Calves - Plyometric (Optional)	Choose 4-6 exercises, 3 sets each <ul style="list-style-type: none">• Squats (15-20 reps)• Lunges (10-15 each leg)• Step-ups (10-15 each leg)• Glute bridges (15-20 reps)• Romanian deadlifts (12-15 reps)• Single-leg deadlifts (10-12 each leg)• Standing calf raises (20-25 reps)• Seated calf raises (15-20 reps)• Jump squats (10-15 reps)• Burpees (10-15 reps)
Cool-Down (5-10 mins)	Static stretches (hold each for 20-30 secs) <ul style="list-style-type: none">• Quadriceps stretch• Hamstring stretch• Calf stretch• Hip flexor stretch
Remember	<ul style="list-style-type: none">• Warm up before every workout• Focus on form over speed• Gradually increase difficulty• Listen to your body• Stay hydrated• Rest and recover between workouts