

LEG EXERCISES

UNWIND

Chiropractic Care

EASY TOTAL LEG WORKOUTS



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IMPORTANCE OF

LEG DAY!

Legs are the largest muscles in your body. The reason is because it needs to stabilize your entire body but yet people ignore them. People skip leg workouts because they feel that they don't need to pay special attention to developing those particular muscle groups. However, the largest muscles in your body require the most energy to function, so working your legs is not only important but will likely increase the amount of calories you burn in a typical workout! Let me show you some simple exercises!

- 1.

Squats with Dumbbells

1.



2.



Squats is an amazing compound, full body exercise. It trains primarily the muscles of the thighs, hips and buttocks, and quadriceps muscle. TIP: Look up when going down in squat position and don't let your knees pass your feet.

2.

Directions:
3 sets of 10 repetitions

Long and Short Lunges

Long Lunge



Short Lunge



Just like squats and deadlifts, this exercise works on quads, hamstrings, and glutes. However, try two variations (long & short)! A long lunge emphasizes on gluteals whereas a short lunge emphasizes the quads. You can do this with just your body weight or with dumbbells.

3.

Directions:

3 sets of 12 repetitions.

Calf Raises

1.



2.



Calf raises help strengthen your gastrocnemius muscle and soleus muscle. Raise your heels 3-4 inches so that you're on your toes. Hold the position for 2 seconds, and plant your heel back on the ground. This is so simple, you can do this anywhere! To make it tougher, hold some dumbbells.

4.

Directions:

3 sets, 20 repetitions

Deadlifts

1.



2.



Deadlift exercise targets your hamstrings, lower back, quadriceps and glutes! Strengthening these muscle groups will help improve your body's stability.

5.

Directions:
3 sets, 12 repetitions

In & Out Squat Jumps

1.



2.



3.



This is a variation of squats. This adds conditioning as well as a workout to your gluts, hamstrings, quads and hips. If you have lower back pain while performing, try doing normal squats.

6.

Directions:
3 sets of 12 repetitions.

Lateral Lunges

1.



2.



Try lateral Lunges to add conditioning to your exercise routine! This works on same muscle groups with emphasis in your lateral hip movement.

Directions:

3 sets of 20 repetitions.

7.

The background of the entire image is a close-up photograph of vibrant green leaves, likely from a plant like a peace lily, with prominent veins and a slightly glossy texture. The leaves are layered, creating a sense of depth and natural beauty.

SHARE THIS WITH YOUR FRIENDS!

Hopefully you found these exercises helpful.

For any questions, please contact us!

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