

Build a Beautiful Set of Legs!

If I didn't mention, these work outs are mainly for beginner women but can be adapted for men and intermediate levels.

When I'm thinking about how to train legs, I break up the legs into three main groups. **The quads, the hamstrings and the calves**, so let's take a look at each individually.

Mainly for **your quads** (front of your legs) 1st lunges.

With dumbbells, one in each hand by your side take a step out , making sure your knee does not pass your toes. Make sure the other knee comes close to the floor. If this is difficult, do not go down as low, you will be able to do more later. 15 – 20 on each leg. That is one set. Do four sets.

Hamstrings (Back of leg)

Take that same weight with feet six to eight inches apart. Bend at waist with face straight ahead and keep in the same position through the whole exercise. Go as low as you can, pause a second then come back up but NOT all the way. Just short of all the way up. Do NOT look down. 12 -15 reps. four sets.

Calves

The best choice is donkey calf raise. It's good to have a block that will elevate your calves. You may have to use a stair or stand on a chair but a block is preferable. Then lower your waist so someone can climb on (yeah, this is fun). Then raise your heels up and down. You need to be bent at the waist but when doing the exercise, just bend at the ankles. Just let your calves keep stretching. Your rest position for the calves is the stretch position. Rest 20 – 30 seconds then do 20 -30 reps, and then repeat Do three sets.

You'll really feel a burn, that's just the lactic acid building up, but the results might just surprise you. Advanced legs The best way to train the quads, by a mile, is with heavy squats.

The squat is great because it puts a huge amount of stress on your muscles and it works out a huge amount of muscle. It's taxing on your body, which makes it uncomfortable to perform, which is why you don't see many people doing it. It's also the only exercise that's ever made people throw up just from training.

This happens because the level of lactic acid builds up in your body and just becomes too much. Some hard core trainers who carry a bucket around with them when they train their legs. I don't quite go this far, but it's a good demonstration of how serious you need to treat your leg training days.

A couple of other good exercises are ***the lunge and the leg press***. These aren't easy to perform by any means, but they are easier to perform than the squat.

As for the ham strings, **Romanian deadlifts** are a favorite of mine.

Regular deadlifts are also good and they also work quite a large portion of your back, so it's like a double whammy. If you're not including one of these into your workouts, you're really missing out on some muscle growth.

And finally we have the calves. This lot can be a trouble to train as they are not really into growing. Because they tend to have a different type of muscle fiber predominance, you need to train the calves a little differently. Instead of the usual 6-10 repetitions, try upping the reps to 20-30.

Do three sets of these as heavy as you can do and then see how you go. You'll really feel a burn, that's just the lactic acid building up, but the results might just surprise you. I prefer whatever you use, that your body is close as possible to a 90 degree angle. Try a leg press machine, donkey calf machine or something that will put your body at that angle. When you finish a set, don't get off the machine. Just let your calves keep stretching. Your rest position for the calves is the stretch position. Rest 20 – 30 seconds then do 20 -30 reps, and then repeat. Three sets. You will have to start with a very low weight.