

LEG DAY

AT HOME

SIMPLE. EFFECTIVE. NO EQUIPMENT.

Stronger legs. Stronger You.

Build strength, tone your legs, and boost your confidence with these no-equipment moves you can do anywhere.

**NO GYM.
NO EXCUSES.
JUST YOU.**

1 SQUATS



Feet shoulder-width apart. Sit back and down. Drive through your heels.

2 LUNGE (EACH LEG)



Step forward, lower your back knee. Push through your front heel to stand.

3 GLUTE BRIDGE



Lift your hips, squeeze your glutes at the top. Lower slowly.

4 SUMO SQUAT



Feet wide, toes out. Sit low and push through your heels.

5 CURTSY LUNGE (EACH LEG)



Step one leg behind and across. Lower and push through to stand.

6 CALF RAISES



Rise up on your toes. Squeeze your calves. Lower with control.



NO EQUIPMENT

Just your body and commitment.



20-30 MINUTES

Perfect for any schedule.



CONSISTENCY

Small efforts. Big results.

REPEAT 3-4 ROUNDS

Rest 30-60 seconds between exercises.

Phelicia Gomez

PERSONAL TRAINER
FITNESS NUTRITION SPECIALIST

YOU DON'T NEED EQUIPMENT.
YOU JUST NEED DETERMINATION.

YOU GOT THIS. ♥