

LEGS WORKOUT

1. Goblet Squat



How to do it: Stand with your feet hip-width apart and hold a kettle bell in front of your chest, elbows pointing toward the floor. Push your hips back and bend your knees to lower into a squat. Push yourself back to start. That's one rep.

Recommended sets/reps: Do 3 sets of 12 reps.

What it works: “This squat variation helps tone the legs and thighs while strengthening the quads, hip flexors, calves, gluteal muscles, and the hamstrings—plus the last,” says Samuel.

2. Banded Lateral Walk



How to do it: Place a mini resistance band underneath your feet, and stand with feet hip-width apart, knees slightly bent. Maintaining a tight core, step your left foot out to the side, followed by your right. Then step back to the left; that's one rep.

Recommended sets/reps: 3 sets of 10 steps in each direction.

What it works: “This is a great move to activate the gluts and build up the sides of the booty,” says Samuel.

3. Single-Leg Deadlift



How to do it: Holding a kettle bell in your right hand, stand on your left leg with palms towards your thighs. Keep your left leg slightly bent. Lean forward,

extending right leg straight behind you, until torso is parallel to the floor, and kettle bell lowers straight down until almost touching the floor. Drive into your left heel to return to the standing position. (For an extra challenge, at the end of this move, lift your right leg until it forms a 90 degree angle, then return to start) That's one rep.

Recommended sets/reps: 3 sets of 12 reps on each side.

What it works: “While working the hamstrings and the gluts, you’ll also challenge your core stability and strength,” says Samuel.

4. Romanian Deadlift



How to do it: Holding a kettlebell or (two dumbbells) in your hands, stand with your feet hip-width apart, knees slightly bent. Position the kettlebell in front of your thighs, palms facing your body. Keeping your knees slightly bent,

press your hips back as you bend at the waist and lower the weights toward the floor. Squeeze your gluts to return to standing. That's one rep.

Recommended sets/reps: Do 3 sets of 12 reps.

What it works: “A great strength and muscle-building move, the Romanian deadlift works your hip joints and hits the low back, gluts, and hamstrings,” says Samuel.

5. Staggered-Stance Deadlift



How to do it: Hold a kettlebell in front of your thighs with both palms facing toward your body. Stagger your legs, stepping your right foot back and your left foot forward. Your right heel should be off the ground. Push your hips back as you hinge forward, lowering the kettlebell while keeping it close to your legs. Once your hips reach 90 degrees, return to start. That's one rep.

Recommended sets/reps: Do 3 sets of 12 reps on each side.

What it works: Another deadlift variation, you'll target your low back, gluts, and hamstrings while adding weight with the kettlebell, says Samuel.

