

Leg Exercise Examples And Demonstration Explanation

Front Squat

Front squats are the best legs exercise because they help you to build glutei and quads. This can be done free weight or with weight based on the user requirement. The process is to hold the weight infant of you and slowly go down parallel to your knees and come up again and repeat this exercise 3 times with 15 reps.



Leg Press

Leg press is one of the most popular and most efficient leg exercise because this provides you with variety of foot positions which focus on may leg parts to develop. This exercise is risky because some don't do this exercise properly and face devastating spine injury. First you will start with free weight exercises in which you will be in a sitting position and you have to push the bar in front of you then release. If you are expert in this use weights to develop your legs.



Dumbbell lunge

This exercise focus on glutes and knees and with the help of this it helps the user to develop your thighs. User can do this in many ways one is in the same position and second is walking back and forth holding a barbell or dumbbell. Initially you will do 3 sets with 25 reps.

