



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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6-EXERCISE HOME DUMBBELL WORKOUT FOR LEGS

No access to a squat rack? Fear not. This highly effective home dumbbell workout will hammer both your quads and hamstrings into growth.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-exercise-home-dumbbell-leg-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Dumbbells

Author: Thomas Schultz

Home Dumbbell Workout for Legs

Exercise	Sets	Reps
Quads		
Dumbbell Goblet Squat	3 - 4	8 - 12
Dumbbell Lunge	3 - 4	8 - 12
Dumbbell Step Up	3 - 4	15 - 20
Bulgarian Split Squat	3 - 4	8 - 12
Hamstrings		
Dumbbell Stiff Leg Deadlift	3 - 4	10 - 12
Dumbbell Hamstring Curl	3 - 4	10 - 15