

Top 10 Most Effective Leg Exercises For Women

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Single Leg Bridge On The Ball (Advanced)

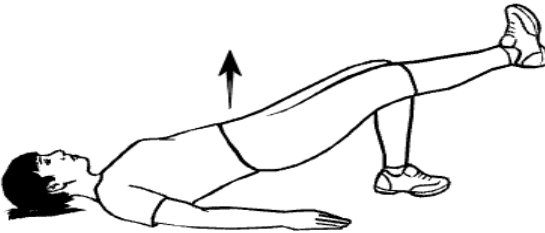
Doing this exercise on the stability ball gives your core muscles and balancing leg an extra workout.

Sets: 3
Reps: 20 in each set
Rest In Between Sets: 10 seconds



Single Leg Bridge On The Floor (Beginner)

Sets: 3
Reps: 20 in each set
Rest In Between Sets: 10 seconds



Outer Thigh Lift

If you're feeling especially ambitious during this exercise try to give your arms and shoulders a workout too by doing side lateral raises as you do your outer thigh lifts.

Sets: 3 (on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds

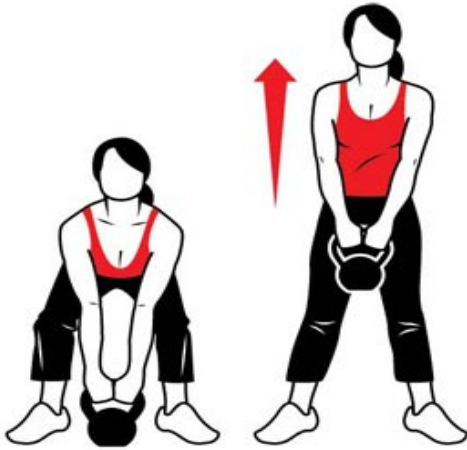




Outer Thigh Lift

It is not possible to do this exercise on the stability ball but you can use ankle weights for extra resistance.

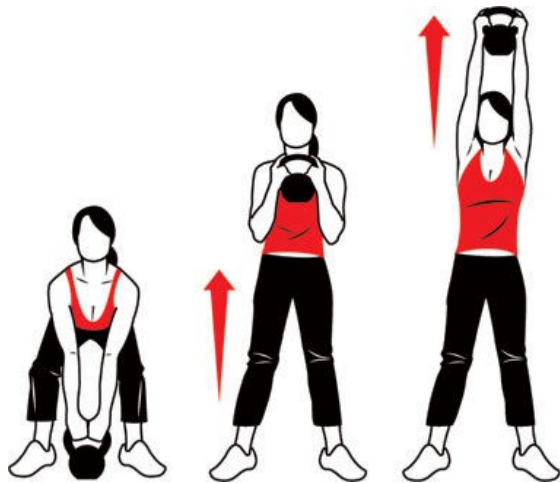
Sets: 3 (on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds



Regular Deadlift

You can use a kettlebell as well as a dumbbell for this exercise.

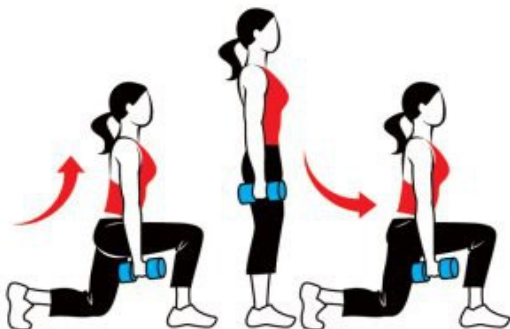
Sets: 3 (on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds



Advanced Deadlift

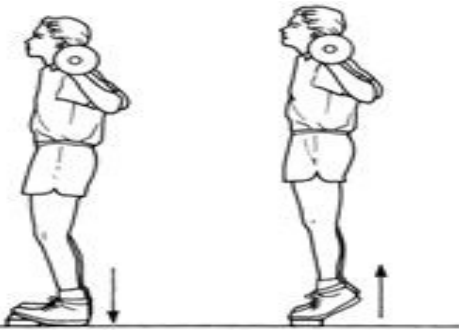
This is a total body exercise. Besides working your lower body, by lifting the weight over your head, you will also engage your core muscles as well as shoulder and arm muscles.

Sets: 3 (on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds



Rear Lunges

Sets: 3 (on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds



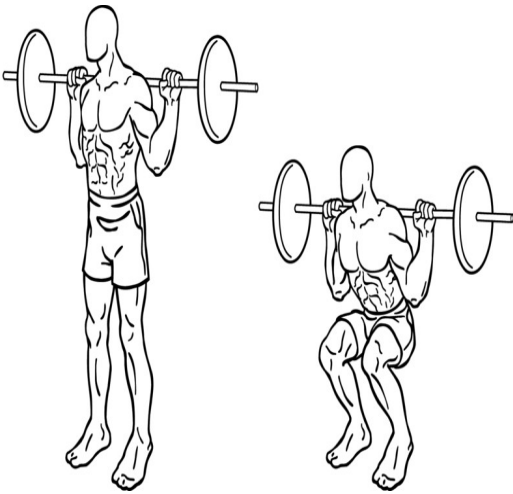
Calf Raises

Aim for 100 calf raises

Sets: 4

Reps: 20 in each set

Rest In Between Sets: 10 seconds



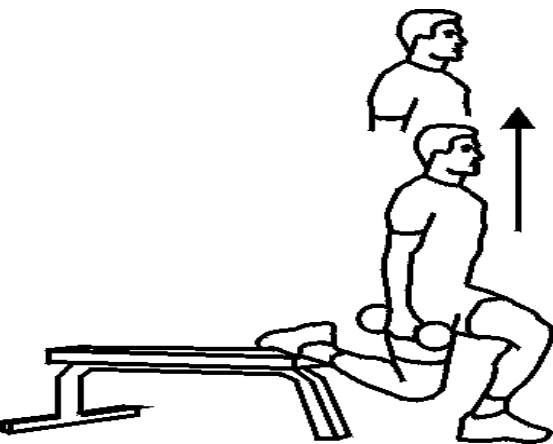
Full Squat

The key to seeing results through this exercise is lifting heavy. Aim for low repetitions with a heavy weight.

Sets: 2

Reps: 8-10 in each set

Rest In Between Sets: 10 seconds



Single Leg Squat

Sets: 3 (on each side)

Reps: 20 in each set

Rest In Between Sets: 10 seconds



Sumo Squat

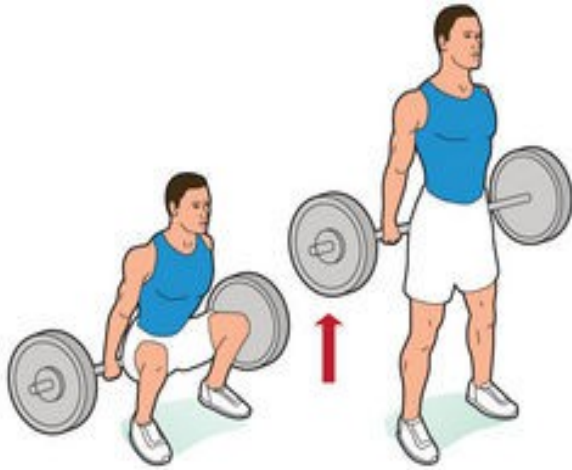
Sets: 3

Reps: 20 in each set

Rest In Between Sets: 10 seconds

Hack Squat (With a barbell or on the Smith Machine)

With A Weighted Barbell



Like the squat, the key to seeing results through this exercise is lifting heavy. Aim for low repetitions with a heavy weight.

Sets: 2

Reps: 8-10 in each set

Rest In Between Sets: 10 seconds

On The Smith Machine

