

The Best Leg and Shoulder Workout

Created by: [Murshid Akram](#)

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The Best Leg and Shoulder Workout at Home

You can train at home in multiple ways, such as with your own [body weight](#), [resistance band](#), and [dumbbells](#). Whatever you use to exercise, I've got something for everyone.

Bodyweight

Workout 1 – Beginner

Exercise	Reps	Rest
Standard Squat	15 x 3	60-sec
Reverse Lunges	10 x 3	60-sec
Standing Calf Raise	12 x 2	45-sec
Kneeling Pike Pushup	10 x 3	60-sec
Floor IYT Raises	10 x 3	60-sec

Workout 2 – Intermediate and Advanced

Exercise	Reps	Rest
Standard Squat	20 x 4	1-min
Bulgarian Split Squat	10 x 3	1-min
Step-up	12 x 3	1-min
Standing Calf Raise	12 x 3	45-sec
Pike Pushup	12 x 3	1-min
Bodyweight Lateral Raises	10 x 3	1-min
Bodyweight Incline Row	10 x 3	1-min

Dumbbell Shoulder And Legs Workout

- **Beginner:** 2-3 sets
- **Intermediate:** 3 sets
- **Beginner:** Perform example one in the first week and example 2 in the second week.

- **Intermediate:** Perform both workouts if you [train six days a week](#).

Example 1

Exercise	Reps	Rest
Dumbbell Squat	12-15	90-sec
Dumbbell Lunges	8-10	60-sec
Dumbbell Leg Curl	12-15	90-sec
DB Glute Bridge (Intermediate)	10-12	60-sec
Dumbbell Overhead Press	10-12	90-sec
Dumbbell Lateral Raises	10-12	90-sec
Dumbbell Rear Delt Fly	10-12	90-sec
Shoulder Shrug (Intermediate)	8-12	90-sec

Example 2

Exercise	Reps	Rest
Dumbbell Step-up	8-12	90-sec
Dumbbell Sumo Squat	12-15	90-sec
Dumbbell RDL	8-10	90-sec
Calf Raises (Intermediate)	12-15	1-min
Seated Dumbbell IYT Raises	10-12	90-sec
Dumbbell Lateral Raises	10-12	90-sec
Dumbbell Facepull	10-12	90-sec
Upright Row (Intermediate)	8-10	90-sec

Resistance Band Legs and Shoulders Workout

- Newbie: 2-3 sets
- Experienced: 3 sets
- Frequency: Once a week for beginners, twice for intermediates.

Workout 1

Exercise	Reps	Rest
Resistance Band Squat	12-15	90-sec
Resistance Band Deadlift	8-10	90-sec
Resistance Band Donkey Kick	8-10	60-sec
Banded Overhead Press	10-12	90-sec
Banded Lateral Raises	10-12	90-sec
Banded Pull Apart	8-10	90-sec
Upright Row (Intermediate)	8-10	90-sec

Workout 2

Exercise	Reps	Rest
Curtsy Lunge to Squat	8-10	1-min
Banded Squat Jacks	8-12	90-sec
Resistance Band Leg Curl	8-10	90-sec
Banded Overhead Press	10-12	90-sec
One-arm Front Raises	8-12	1-min

One-arm Lateral Raises	8-12	1-min
Bent-Over Reverse Fly	8-12	1-min
Shrug (Intermediate)	10-12	1-min

The Best Shoulder and Legs Workouts to Do at Gym

Standard Routine

Workout Example 1

Workout	Reps	Rest
Barbell Back Squat	15 x 3	3 min
Machine Leg Press	12 x 3	2 min
Machine Leg Curl	12 x 3	2 min
DB Romanian Deadlift	8 x 2	2 min
Calf Raises	15 x 3	2 min
Barbell Overhead Press	12 x 3	2 min
Dumbbell Lateral Raise	12 x 3	90-sec
Reverse Pec Deck Fly	10 x 3	90-sec

Workout Example 2

Workout	Reps	Rest
Arnold Press	10 x 3	2 min
Bent-arm Lateral Raise	10 x 3	2 min
Rear Delt Fly	10 x 3	2 min
Upright Row	10 x 3	2 min
Shrug	10 x 3	90-sec
Dumbbell Lunges	12 x 3	2 min
Leg Extension	12 x 3	90-sec
Hip Thrust	10 x 3	90-sec

Superset Workout

Superset 1

Set 1	Leg	Shoulder	Rest
10 reps	Barbell Back Squat	DB Front Raises	2 mins
12 reps	Leg Extension	DB Lateral Raises	2 mins
12 reps	Leg Curl	Machine Reverse Fly	2 mins
10 reps	DB Step-up	Dumbbell Shrug	–

Superset 2

Set 1	Leg	Shoulder	Rest
12 reps	Dumbbell Lunges	DB/Barbell Overhead Press	2 mins
10 reps	Machine Leg Press	Dumbbell Lateral Raises	2 mins
10 reps	Romanian Deadlift	DB Rear Delt Fly	2 mins
10 reps	Weighted Calf Raises	Upright Row	–

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