

LEGS AND ABS WORKOUT PLAN TO BUILD MUSCLES IN THE GYM

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The gym is the best place to achieve your desired shape because it has every piece of equipment you need to build strength and muscle.

You can do various exercises in the gym to strengthen and tone your legs and core.

Here are a few samples of leg and core workout routines you can do at the gym.

Note: You can adjust the routines according to your fitness level.

20-Minute Workout for Beginners

This 20-minute abs and legs workout is low-impact, easy to follow, and perfect for beginners.

It includes three exercises for each muscle which you can do at your own pace.

Exercise	Reps	Sets	Rest
DB Sumo Squat	12-15	3	2-min
Leg Press	12-15	3	2-min
Leg Curl	12-15	3	2-min
Reverse Crunches	10-12	2	30-sec
Flutter Kicks	15-sec	2	30-sec
Plank	30-sec	2	30-sec

30-Minute Superset Legs and Abs workout

The superset is a method of training two muscles together.

It helps you build muscles and burn more calories in a shorter time than the standard way of training.

Here's an example of 30-minute superset core and leg workout training.

Set	Legs	Core	Reps
1	DB Front Squat	Hanging Knee Raises	10 x 2
2	Leg Press	Cable Crunches	10 x 2
3	Leg Curl	Decline Crunch	10 x 2
4	Calf Raises	Wood Chop	10 x 2

You can make desired changes to this plan, depending on your preference.

45-Minute Workout for Intermediate

If you have been working out for a while, this 45-minute ab and leg workout is for you.

It includes multiple compound and [isolation exercises](#) that will help you build firm legs and a toned core.

Exercise	Reps	Sets	Rest
Back Squat	12-15	3	2-min
Front Lunges	12-15	3	2-min
Leg Curl	12-15	3	2-min
Romanian Deadlift	10-12	2	30-sec
Abs & Obliques Workout	10-min	1	–

Replace some exercises when you train in the next session.

60-Minute Workout for Advanced

If you've constantly been exercising for the last couple of years, this [one-hour routine](#) is for you.

It includes various exercises that will [bolster your quads](#), hamstrings, glutes, calves, rectus abdominish, transverse abdominish, and obliques.

This 60-minute workout is challenging but will help build solid legs and a sculpted core.

Exercise	Reps	Sets	Rest
Front Lunges	8-10	2	2-min
Leg Press	12-15	3	2-min

Leg Curl	12-15	3	2-min
Hip Thrust	10-12	3	2-min
Calf Raises	12-15	3	1-min
Hanging Knee Raises	10-12	3	45-sec
Decline Cable Crunch	8-10	3	1-min
Hollow Body Hold	15-sec	2	1-min
Plank	60-sec	2	45-sec
Side Plank	30-sec	2	30-sec

You can also use the above exercises to adjust the routine according to your need.

Related Exercises:

- [The Best Leg and Shoulder Workout](#)
- [Best Chest and Shoulder Workout](#)
- [Dumbbell Workouts for Arms and Chest](#)
- [Top 10 Superset Workout Examples](#)
- [4 Day Gym Workout Schedule For Muscle Gain](#)
- [5 Day Gym Workout Schedule with PDF](#)
- [6 Day Gym Workout Schedule \(PPL/Split/Cardio\)](#)
- [7 Day Gym Workout Plan \(5 Best Samples with PDF\)](#)