

LEGS AND ABS WORKOUT PLAN TO BUILD MUSCLES AT HOME

Created by: [Murshid Akram](#)

Check out [article](#) for more info

10-Minute Abs and Legs Workout for Beginners

Those who train only 10 minutes a day can use this routine to forge their legs and core.

It includes only bodyweight exercises that require no equipment; you can do them anywhere in the corner of your home.

Exercise	Reps/Time	Rest
Squats	Do as many reps as possible	30-sec
Mountain Climber	15-second	30-sec
Lunges	10 reps/side	45-sec
Flutter Kicks	15-second	30-sec
Lateral Lunges	10 reps/side	45-sec
Crunches	As many reps as possible	30-sec
Glute Bridge	20 reps	45-sec
Plank	45-60 seconds	–

20-Minute Bodyweight Workout to Tone Legs and Core at Home

This 20-minute leg and core [circuit workout](#) is perfect for building sturdy thighs, glutes, and abs.

It also helps burn significant calories, boost metabolism, and enhance cardiovascular fitness.

Perform two to three rounds.

Exercise	Reps/Time	Rest
Squat Jump	AMRAP	30-sec
Mountain Climber	15-second	30-sec
Jumping Lunges	10 reps/side	45-sec
Flutter Kicks	15-second	30-sec
Single-leg Deadlift	10 reps/side	45-sec
Crunches	AMRAP	30-sec
Glute Bridge	20 reps	45-sec
Reverse Crunches	AMRAP	30-sec
Calf Raises	AMRAP	45-sec
Plank	45-sec	30-sec

30-Min Dumbbell Workout Routine to Sculpt Legs & Abs

Many people use dumbbells to train their muscles at home. Dumbbells are an excellent piece of equipment, allowing you to perform numerous exercises at low to high intensity.

If you have dumbbells at home, you can use this 30-minute workout to strengthen your lower body and midsection.

Instructions:

- The number of rounds: Perform as many rounds as possible in 30 minutes.
- Intensity: At your own pace.
- Frequency: Once/twice a week

Exercise	Reps/Time
DB Front Squats	15 reps
Plank Dumbbell Drag	15-sec
Front Lunges	10 reps/side
Side Plank Hip Lift	10 reps/side
Romanian Deadlift	10-12 reps
DB Reverse Crunches	10-12 reps
Glute Bridge	10-12 reps
Half Kneeling DB Low to High Chop	10 reps/side
Single-leg Leaning Calf Raises	10 reps/side
DB Sit-ups	10-12 reps

300-minute leg and core workout with dumbbells

Related Routine:

- [6 Month Bodyweight Workout Plan with Free PDF](#)
- [Bodyweight Workout Plan To Get Ripped](#)

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [Top 5 Rear Delt Bodyweight Exercises](#)
3. [13 Best Bodyweight Push Exercises](#)
4. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
5. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
6. [Knee push-ups for beginners \(with Video\)](#)
7. [8 Best Bodyweight Hamstring Exercises at Home](#)
8. [The 20 Best Bodyweight Exercises for Arms](#)
9. [Full Bodyweight Workouts For Beginners](#)
10. [Bodyweight Exercises for Shoulder](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)