

Here's a 20-minute lower body workout that you can do at home with minimal equipment. This workout targets the major muscle groups in your lower body, including your quads, hamstrings, glutes, and calves. This routine combines strength training and mobility exercises to ensure a balanced lower body workout. Adjust the intensity by adding/removing weights or increasing the duration of each exercise as needed.

### Warm-Up (3 minutes)

1. Jumping Jacks - 1 minute
2. Bodyweight Squats - 1 minute
3. Lunges in Place - 1 minute

### Workout (15 minutes)

Perform each exercise for 45 seconds, followed by 15 seconds of rest. Repeat the entire circuit twice.

1. Dumbbell Squats
  - Hold a dumbbell in each hand, resting them at your shoulders or sides.
  - Stand with your feet shoulder-width apart.
  - Lower your body by bending your knees and hips, keeping your back straight.
  - Push through your heels to return to the starting position.
2. Dumbbell Lunges
  - Hold a dumbbell in each hand at your sides.
  - Step forward with one leg and lower your hips until both knees are bent at about a 90-degree angle.
  - Push back to the starting position and switch legs.
3. Dumbbell Glute Bridges
  - Lie on your back with your knees bent and feet flat on the floor.
  - Place a dumbbell on your hips, holding it in place with your hands.
  - Lift your hips towards the ceiling, squeezing your glutes at the top.
  - Lower back down and repeat.
4. Dumbbell Calf Raises
  - Hold a dumbbell in each hand at your sides.
  - Raise your heels off the ground, standing on your toes.
  - Lower back down and repeat.
5. Dumbbell Sumo Squats
  - Hold a dumbbell with both hands in front of you.

- Stand with your feet wider than shoulder-width apart, toes pointed slightly out.
  - Lower your body by bending your knees, keeping your back straight.
  - Push through your heels to return to the starting position.
6. Dumbbell Step-Ups
- Hold a dumbbell in each hand at your sides.
  - Find a sturdy chair or bench.
  - Step up with one foot, then the other, and step back down in reverse order.
  - Alternate the leading foot.
7. Dumbbell Single-Leg Deadlifts
- Hold a dumbbell in each hand in front of your thighs.
  - Stand on one leg with a slight bend in the knee.
  - Hinge at the hips and lower your torso while lifting the other leg behind You.
  - Return to the starting position and switch legs.
8. Dumbbell Curtsy Squat.
- Stand upright with your feet hip-width apart.
  - Hold a dumbbell in each hand, arms relaxed at your sides.
  - Step your right leg diagonally behind your left leg, crossing over as if you are doing a curtsy.
  - Bend both knees to lower your hips, ensuring that your front knee stays aligned over your front ankle.
  - Keep your chest upright and engage your core for balance.

#### Cool Down (2 minutes)

1. Standing Quad Stretch - 30 seconds each leg
  - Hold one ankle behind you to stretch the front of your thigh.
2. Hamstring Stretch - 30 seconds each leg
  - Extend one leg forward, hinge at the hips, and reach towards your toes.
3. Standing Calf Stretch - 30 seconds each leg
  - Place one foot behind you and press the heel into the ground to stretch your calf.