

A well-rounded lower body workout should target the major muscle groups: quadriceps, hamstrings, glutes, and calves. Here's a comprehensive lower-body workout routine:

Warm-Up (5-10 minutes)

- Dynamic stretches: Leg swings, hip circles, lunges with a twist
- Light cardio: Jumping jacks, high knees, or a brisk walk

Workout Routine

1. Squats

- Sets: 3
- Reps: 12-15
- Instructions: Stand with feet shoulder-width apart, lower your body as if sitting back into a chair, keeping your chest up and knees over your toes.

2. Lunges

- Sets: 3
- Reps: 10-12 per leg
- Instructions: 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.

3. Deadlifts

- Sets: 3
- Reps: 10-12
- Instructions: Stand with feet hip-width apart, hold a weight (barbell or dumbbells), hinge at the hips, keeping your back straight, and lower the weight towards the floor. Return to the starting position by extending your hips and standing up straight.

4. Glute Bridges

- Sets: 3
- Reps: 15-20

- Instructions: Lie on your back with knees bent and feet flat on the floor. Lift your hips towards the ceiling, squeezing your glutes at the top, then lower back down.

5. Step-Ups

- Sets: 3
- Reps: 10-12 per leg
- Instructions: Step up onto a bench or sturdy platform with one foot, drive through that heel to lift your body up, then step back down.

6. Calf Raises

- Sets: 3
- Reps: 15-20
- Instructions: Stand with feet hip-width apart, raise your heels off the ground as high as possible, then slowly lower them back down.

Cool-Down (5-10 minutes)

- Static stretching: Focus on stretching the quadriceps, hamstrings, glutes, and calves.
- Foam rolling: Roll out any tight or sore muscles to aid in recovery.

Tips

- Form: Ensure proper form to prevent injury. If you're new to these exercises, consider starting with bodyweight versions before adding weights.
- Progression: Gradually increase weights or repetitions as you get stronger.
- Rest: Allow adequate rest between sets (about 60-90 seconds) and between workout sessions.

This routine can be done 2-3 times a week, with at least one day of rest in between sessions to allow for muscle recovery.