

MoveKind

10 Best Leg Exercises

No equipment · 4-week program

Free program · movekind.io



Exercises



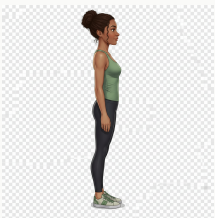
Standard squat

Quads, glutes



Sumo squat

Adductors, glutes



Forward lunge

Quads, balance



Reverse lunge

Less knee stress



Glute bridge

Hamstrings, glutes



Bulgarian squat

Unilateral, quads



Chair step-up

Functional, quads



Calf raise

Gastrocnemius, soleus



Jump squat

Power, explosiveness



Wall sit

Isometric, endurance

Program

| | |
|---------------|---|
| Week 1 | 3x10 reps, 60s rest |
| Week 2 | 3x12 reps, 50s rest, add sumo + step-up |
| Week 3 | 4x12 reps, 45s rest, add Bulgarian |
| Week 4 | 4x15 reps, 40s rest, add jump squat |

Tips

✓ Start bilateral, finish unilateral

✓ Knees follow toe direction at all times

MoveKind

Want to go further?

MoveKind generates sessions tailored to your level, your fatigue, and your goals. No planning needed.

- ✓ **AI-personalized workouts**
- ✓ **120+ bodyweight exercises**
- ✓ **Automatic progression**
- ✓ **Built-in voice coach**
- ✓ **100% free to start**

Download on the App Store

movekind.io