

# How to Get Great Lower Body Right at Home in 21 Days



## Pocket Trainer For Legs at Home: How to Get A Great Lower Body Right At Home in 21 Days. by Marco Guerrero

★★★★☆ 4.3 out of 5

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Are you ready to transform your lower body in just 21 days? With this comprehensive guide, you'll learn everything you need to know to get started on your journey to a stronger, more toned lower body.

## What to Expect

This 21-day workout plan is designed to target all the major muscle groups in your lower body, including your quads, hamstrings, glutes, and calves. You'll perform a variety of exercises that will help you build strength, tone muscle, and improve your overall fitness.

The workouts are designed to be challenging but achievable, and they can be modified to fit your fitness level. Whether you're a beginner or an experienced exerciser, you'll be able to find a workout that's right for you.

## What You'll Need

To get started with this workout plan, you'll need the following equipment:

- A pair of dumbbells or kettlebells
- An exercise mat
- A resistance band
- A step or bench

## The Workouts

The 21-day workout plan is divided into three phases:

1. **Phase 1:** This phase focuses on building a foundation of strength and endurance. You'll perform 3 workouts per week, each of which will last for 30 minutes.
2. **Phase 2:** This phase increases the intensity and duration of the workouts. You'll perform 4 workouts per week, each of which will last for 45 minutes.
3. **Phase 3:** This phase is designed to help you maintain your results and continue to progress. You'll perform 3 workouts per week, each of which will last for 60 minutes.

Each workout includes a warm-up, a series of exercises, and a cool-down. The exercises are designed to target all the major muscle groups in your lower body, and they can be modified to fit your fitness level.

## Nutrition

Nutrition is an important part of any fitness program, and it's especially important when you're trying to build muscle. Make sure to eat a healthy diet that includes plenty of protein, carbohydrates, and healthy fats.

Here are some tips for eating for muscle growth:

- Eat 1.6-2.2 grams of protein per kilogram of body weight per day.
- Eat whole grains, fruits, and vegetables.
- Limit processed foods, sugary drinks, and unhealthy fats.
- Drink plenty of water.

## Supplements

Supplements can help you improve your performance and recovery. Here are some supplements that may be beneficial for muscle growth:

- **Creatine:** Creatine is a natural substance that helps your muscles produce more energy.
- **BCAAs:** BCAAs are essential amino acids that help your muscles recover from exercise.
- **Glutamine:** Glutamine is an amino acid that helps your muscles recover from exercise and reduce soreness.

Getting a great lower body is possible if you put in the work. With this 21-day workout plan, you'll have everything you need to get started on your journey to a stronger, more toned lower body.

So what are you waiting for? Get started today and see what you can accomplish in just 21 days!

# LOWER BODY GYM WORKOUT

**JUMP SQUATS WITH DBs**  
10 reps

**DB WALKING LUNGES**  
10 reps/side

**CABLE PULL THROUGHs**  
12 reps

**DB HIP THRUSTS WITH MINI BANDS**  
15 reps

**FORWARD DONKEY KICKS**  
10 reps/side

**SWISS BALL BRIDGES**  
15 reps

**WORKOUT INSTRUCTIONS:**  
COMPLETE 4 SETS OF EACH EXERCISE  
REST 45 SECONDS IN BETWEEN

**JLFFITNESS**  
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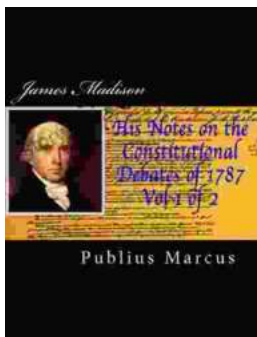
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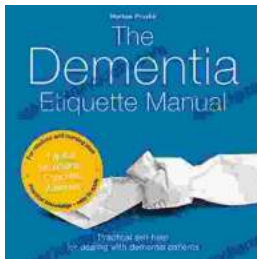
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