

15-Minute Workout: Ground Force

This lower-body routine conditions your calves, quads, hamstrings, and glutes--the major muscle groups that make up a strong bottom half. Perform two or three sets of each exercise, resting 60 seconds after each set.

DUMBBELL ROMANIAN



To begin this leg exercise, stand with your feet shoulder-width apart and hold a pair of dumbbells in front of your thighs. Keeping your knees slightly bent and your back arched, push your hips back and bend at the waist until your torso is almost parallel to the floor and the weights reach mid-shin level. Pause, then press your heels into the floor and stand. Do eight to 10 reps.

45-DEGREE TRAVELING LUNGE



Stand holding a pair of dumbbells at your sides. Take a large step out at a 45-degree angle, until the lunging thigh is parallel to the floor, with your knee over (not past) your toes. (Your back foot should point forward.) Bring your back leg forward and repeat with that leg angled in the opposite direction. Do six to eight with each leg.

SINGLE-LEG BULGARIAN SPLIT



Stand with a bench about 3 feet behind you and hold a pair of dumbbells down at your sides. Place one foot on the bench so the top of the foot faces the floor. Keeping your torso upright, lower your body until the thigh of the front leg is parallel to the floor, then press yourself back up to the starting position. Do six to eight repetitions per leg.

CALF-RAISE FARMER'S WALK



Grab a pair of heavy dumbbells and rise on the balls of your feet. Walk as far as you can until your grip or calves fail.



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