Complementary blog post: 5 Outdoor Exercises Without Equipment

Subject: 3 Exercises Without Equipment for Legs

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Looking for the best ways to tone the legs without having to invest in expensive equipment?

The gym is typically the first place people turn in order to help them achieve their fitness goals. However, it can be notoriously expensive. Then there’s the inconvenience of having to physically get to the gym, which often holds people back.

The good news is, you don’t need a gym or fancy equipment to work those leg muscles. Below, you’ll discover just 3 exercises without equipment for the legs.

1. Squats

By far one of the most effective and simplest exercises you can do to tone the legs without equipment is squats. These can be done literally anywhere and require zero equipment. All you need is to ensure you’re using the correct posture in order to gain the best results.

There are a lot of different varieties of squats too, so they’re perfect for all abilities and can tone every single one of your leg muscles.

2. Running

If you’d prefer to get outdoors, running is an excellent option to tone the legs. Not only does it build up the muscle, but it’s also a fantastic cardio workout. Your entire body will benefit from a good run, not to mention the great emotional benefits you’ll receive.

It is possible to get some of the same benefits running on a treadmill, but for best results you’ll want to get outdoors.

3. Swimming

When it comes to working the legs, swimming is by far one of the most effective exercises you can do. As you kick your legs, you’ll use the thigh, hip and ankle muscles; ensuring the entire leg area tones up over time.

As the water practically cushions you while you work out, you’ll also find this is one of the best exercises to start with if you’re a beginner. It also has the additional benefit of working out the entire body.

Want more inspiration on the types of exercises you can do without equipment? Check out this blog on our site…

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Overall, you don’t need masses of expensive equipment to help you achieve perfectly toned legs. Whether you prefer to work out indoors or outdoors, there’s a huge range of effective, simple exercises you can do. Why not start with the 3 ideas above and see just how easy it is to work those legs without equipment?

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