

STRONG LEGS: WHY THEY MATTER & HOW TO BUILD THEM

(And also keep them into old age.)

Plus: your invite to the 7-Day Strong Legs Challenge

FITB*TCH

Why strong legs matter, (with a YouTube workout)



Strong legs aren't just about looking like a total MILF. They keep you mobile, independent and capable as you get older.

Greater muscle strength is linked to living longer. More importantly, it's linked to living better.

Liked that workout?

The Strong Legs Challenge gives you 7 days of them, all planned out for you in the FitBtch app.

Strong legs help you...

- Get up off the floor without struggling
- Climb stairs and carry heavy shit
- Stay balanced & avoid falls
- Keep doing what you love as an old biddy
- Crush your partner's head between your thighs when they're pissing you off

What to train and how...

Glutes and hamstrings:

These are your arse and the backs of your thighs. They power walking, lifting and getting out of a chair without groaning, and stronger glutes can change how your hips, knees and back feel.

Try: B-stance Romanian deadlifts, hip thrusts from the sofa, glute bridges (add a single-leg version once they feel easy), dumbbell Romanian deadlifts, side-lying leg raises, and hamstring walkouts from a bridge.

Quads:

These are the front of your thighs. You need them for stairs, standing up and keeping your knees under control.

Try: split squats, step-ups, goblet squats, reverse lunges, wall sits, and sit-to-stands from a chair (slow on the way down).

Calves and feet:

They're often forgotten, but they're bloody important for walking speed, balance and confidence on your feet.

Try: single-leg supported calf raises, double-leg calf raises off a step, bent-knee calf raises (these work the lower calf), single-leg balance holds

The challenge hits every one of these: quads, glutes, hamstrings and calves, building strength, power and stability.

What to train and how, continued

How many reps & sets?

- Do 2–3 lower-body sessions a week
- Do 2–4 sets per exercise
- Start with 6–12 reps
- Pick weights that make the last few reps hard, and finish each set with 1–3 reps left in the tank

Progressive overload matters.

Over time, aim to lift a bit heavier, do a few more reps, or move with more control. You don't need to feel destroyed after every session to make progress.

Achy joints?

Achy knees and hips don't mean you should stop. The right strength training can make them feel better.

- Warm up with lighter sets
- Reduce the weight or range for a while
- Use supported versions of the moves
- Slow down and focus on control
- Build up gradually and recover properly

Sharp pain, swelling, or anything that gets worse with training needs to be checked out. **The challenge includes 2 mobility sessions**, because strong legs need to move well too.

Can't be arsed working this out yourself? You don't have to. The challenge has already done it for you.

One last thing:

WANT KILLER LEGS THAT WILL CARRY YOU THROUGH MIDLIFE'S BS?

You don't need complicated workouts. You need to train the major muscles, keep challenging them, and have someone tell you what to do and when.

JOIN THE 7-DAY STRONG LEGS CHALLENGE

Over 7 days you'll do 5 strength workouts and 2 mobility sessions to build some seriously strong legs. You'll find it in the Challenges tab of the FitBtch app.

We're not just training for the body we have today. We're building the body we want to keep using in 10, 20 and 30 years.

7-DAY FREE TRIAL. 7-DAY STRONG LEGS CHALLENGE. DO THE MATHS.

Download FitBtch now and finish the whole challenge for free.

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