

# The Best Leg Exercises You've Never Heard Of

## Five **FREE** Exercises

<http://www.thebestlegexercises.com>

Below, you'll find pictures and detailed descriptions of how to perform each of the exercises and why they're so effective.

If you'd like to go back and see the exercises performed in video, you can access the main page any time here.

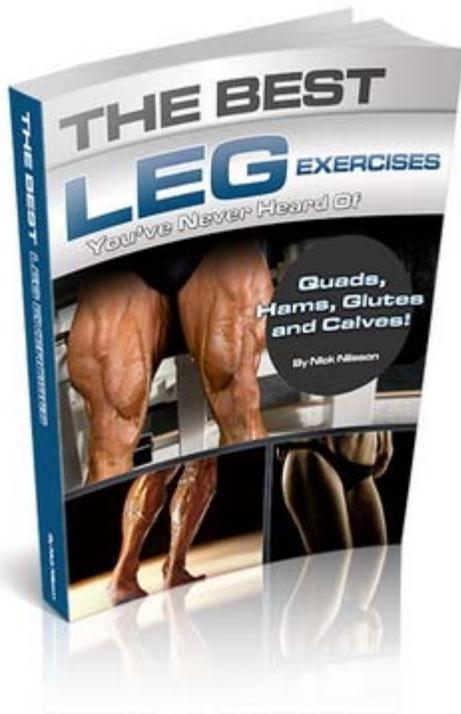
[Watch the Exercise Videos Now](#)

Enjoy the exercises and if you have any questions, feel free to contact me at my [Helpdesk!](#)

**Nick Nilsson**  
The Mad Scientist of Muscle



- 
- ▶ [Dumbbell Switch Leg Split Squats](#)
  - ▶ [One-Shoulder Barbell Squats](#)
  - ▶ [One-Arm Dumbbell Reaching Sumo SLDL's](#)
  - ▶ [One-Leg Glute Deadlifts](#)
  - ▶ [Lengthwise Barbell Donkey Calf Raises](#)
-



Want to get your copy  
of The Best Leg  
Exercises You've Never  
Heard Of now?



**Please Note:** Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to 5 years in Federal prison and a fine of \$250,000. © 2014 by Nick Nilsson & BetterU, Inc.

[The terms and conditions of use of the exercises in this book can be found on my site by clicking here.](#)

Copyright 2014 BetterU, Inc. ©



Mad Scientist Leg Exercise #1:

## The Single Most COMPLETE Lower Body Exercise You Can Do With a Set of Dumbbells...

### **The Problem:** Time...You Need a Single Time-Saving Exercise That Works Your **ENTIRE** Lower Body All at Once

To get a complete lower-body workout, covering quadriceps, hamstrings and glutes equally, you generally need to target a squatting movement...and a lunging movement...and a deadlifting movement.

What if you don't have TIME to set up and perform all those movements or the equipment simply isn't available because your gym is busy?

### **The Solution:** Dumbbell Switch Leg Split Squats

This exercise is going to work almost everything in your lower body, all in one shot. And all you need is a single set of dumbbells.

Making it even better, this exercise forces your muscles to do ALL the work by taking away ANY hint of elastic/rebound help out of the bottom of the split squat position. And no elastic tension means more MUSCLE tension, which means more efficient muscle growth for you.

You're going to accomplish this by switching legs in the kneeling position at the BOTTOM of the movement, coming back up on the opposite leg that you came down on.

Start in a standing position. Come down into the bottom position with one leg back...this part is a Reverse Lunge.



Bring your front leg down and kneel on both knees. Now swing the **OTHER** leg forward and around and get into the split squat position on that other side.

This "swinging around" of the other leg works your gluteus medius and minimus muscles very effectively.



From here, you're starting the exercise from a dead stop with ZERO elastic tension in the muscles to help. When you come back, you'll discover just how extremely demanding this is on the glutes and hamstrings.

Now, come up to the standing position again.



From there, step back and down with the same leg you just stepped up with and repeat the cycle in reverse.

## **The Bottom Line:**

If you've got limited time to work your legs, this exercise is one of THE single best choices you can make. It will hammer your quads, glutes and hamstrings HARD all in one time-saving movement with practically NO setup time required.

## **Exercise #2 of 5** **One-Shoulder Barbell Squats**





## Mad Scientist Leg Exercise #2:

# A KILLER Squat Variation That Will Build Your Legs And INCREDIBLE Core Strength...

## The Problem: Your Core is the Weak Link on All Your Strength-Focused Leg Exercises...

When you squat with heavy weight, do you find that your core tends to "fold over" when you're trying to come out of the bottom?

If so, you've got MASSIVE potential leg strength and muscle development just flying out the window on every single set you do. You're basically "leaking" power because your core can't properly support your body and the load.

## The Solution: One-Shoulder Barbell Squats

This exercise will ATTACK your core, developing rock-solid strength that carries DIRECTLY over into all your other "big" leg exercises like barbell squats...because it IS a squat!

First, set up the power rack just as you would for a normal squat, with the J hooks just one notch lower than you would usually set them. This will make it easier to get the bar into the start position. I also recommend using either a barbell pad or rolled-up towel for padding this exercise.

Stand perpendicular to the bar then set your shoulder underneath it.

DO NOT set your shoulder in the exact center of the bar. You want to set it a little bit forward of the centerpoint so that when you stand up and the bar is balancing on your shoulder, it actually feels like it's falling backwards a little.

The reason for this is that you'll be gripping on the FRONT end of the bar...the competing weight of the back end of the bar pulling down will allow you to LOCK the barbell solidly onto your shoulder. If your shoulder is directly in the center, the bar will actually be more unstable and unbalanced on your body (strange but true!).

Get your core solid and tight, then stand up. Make sure the bar is within your base of support (inside where you planted your foot) when you unrack it.



Now take a few small steps to the side, set your feet in a fairly wide stance with your toes point out about 30 degrees, then squat down.



As you squat down, use your grip on the bar to keep it as horizontal as possible. Then, using glute and leg power, come back up.

Just holding the bar on one shoulder will challenge your core strongly...when you hold the loaded bar on one shoulder while doing a full SQUAT, you get MASSIVE workload on the deep muscles of the core...the ones that are directly involved in supporting your torso coming out of the bottom of the squat.

I recommend working this exercise for fairly low reps...e.g. 5-7 reps per set. This will allow you to use more weight and really challenge your core muscles strongly.

When you've completed your reps, set the bar back on the J hooks CAREFULLY, making sure the bar always stays over your base of support so you're never off balance.

Take a 60 to 90 second rest period here, then repeat facing the other way. Always do even numbers of sets with the exercise for optimal core strength balance.



The first time you try this exercise, start with just the bar, to see how it feels. Once you get a feel for it, you can work up to some to fairly substantial loads!

### **The Bottom Line:**

If your core strength (or lack of it!) is killing your squatting strength, this is an exercise you need to add into your arsenal right away. It's totally targeted to developing the "steel girder" core strength necessary for performing perfect-form squats, no matter how heavy the weight.

## **Exercise #3 of 5** **One-Arm Dumbbell Reaching** **Stiff-Legged Deadlifts**





### Mad Scientist Leg Exercise #3:

## Improve Your Athletic Performance FAST (and Prevent Injury!) With This LATERAL Leg Exercise...

### The Problem: You Have Weak Lateral Leg Strength Because Most Leg Exercises Only Work Straight Up and Down

When you think of leg training, you think squats, lunges, leg press, leg extensions, leg curls, maybe stiff-legged deadlifts, right?

If you think about it further, those exercise are all just straight up and down. If you're an athlete or simply want to be stronger in ALL sorts of movement patterns (and be less susceptible to injury!), you need to train LATERALLY as well.

### The Solution: One-Arm Dumbbell Sumo Reaching Stiff-Legged Deadlifts

This exercise is going to train your legs and lower back to function in an entirely unique and extremely USEFUL way...moving SIDEWAYS with resistance.

In addition, this exercise is also going to very strongly target the inner thigh muscles (called the adductors) with an isometric contraction.

And while it tends to be women who are more concerned with the inner thigh area, it's also critical for MEN to have strong, powerful adductors...after all, how many athletes have you heard of injuring themselves with a pulled groin?

The "groin" muscles are the ADDUCTORS...and they likely wouldn't have pulled it if they would've trained in this movement pattern.

To do this one, all you need is a single, moderate-to-heavy dumbbell (obviously you want to start lighter the first time you do this one).

Take a wide "sumo" stance on the floor, toes point out a bit. How far you point them outwards will be up to you and your preference. The dumbbell should be by your left foot.

Now, keeping a tight arch in your lower back (important!), bend forward at the waist and grasp the dumbbell handle.

Next, using a "stiff-legged deadlift" movement, lift the dumbbell off the floor, come up to ALMOST vertical (don't come to fully vertical so that you maintain tension in the lower back muscles).



Now lean to the OTHER side and set the dumbbell down by your right foot. Once you've done that, reach across your body with your other hand and pick up the dumbbell.



Pick up the dumbbell, come up, then bring it back over to the other side again.



Here's a side view of the exercise. Again, a key point here is to maintain a nice, tight arch in your lower back during the ENTIRE exercise. This lateral movement pattern will be targeting muscles that may not have gotten much work before, so we want to be sure to protect the lower back.



## **The Bottom Line:**

Lateral leg training is EXTREMELY important and is almost completely neglected in most programs...and yet it has TREMENDOUS potential to dramatically improve athletic performance very quickly, in addition to helping prevent common injuries!

This very simple exercise allows you to target your adductors and abductors in the lateral movement pattern quickly and easily, while giving you the option to add substantial resistance, if you need it.

## **Exercise #4 of 5** **One-Leg Glute Deadlifts**





#### Mad Scientist Leg Exercise #4:

## An Exercise That ATTACKS Your Glutes From TWO Directions At Once...

### **The Problem: You Want to Work Your Glutes But Your Quads Take Over Instead...OR...You Want to Work Your Glutes But You've Got Bad Knees**

One of the BIG reasons you might have small, weak, underdeveloped glutes is that your quadriceps take over any squatting or lunging movements you do. This problem of "sleeping" glutes is actually very common.

As well, if you've got knee issues, doing any sort of squatting or lunging movement may not even be possible for you!

### **The Solution: One-Leg Glute Deadlifts**

This exercise is going to go to hit your glutes in TWO different ways...at the SAME time. This will literally FORCE them to activate while at the same time totally preventing the quads from taking over the exercise...

...and this is for the simple reason that the quads CAN'T take over the exercise because they're not actually physically ABLE to.

This is also how we're going to get around any knee issues you might have...there won't be any active bending (i.e. flexion) in the knee during the exercise, other than simply holding a position. All the action is going to happen at the hip.

The setup for this exercise is simple...a flat bench and a pair of moderate-weight dumbbells (I would even recommend testing your setup without any weight at all, first).

Pick up the dumbbells and stand about 3 feet from the bench (you'll have to adjust this foot placement based on your own height and leg length).



Now reach back with your right leg and set your SHIN on the bench. At the same time, hook your toes over the back edge of the bench (very useful for "locking" your leg onto the bench for stability) and bend your front leg knee about 45 degrees.

You'll be "sitting" in this position for the duration of the exercise...and THIS is what puts a strong isometric load on the glute of that front leg...CONTINUOUSLY through the entire exercise..

The important thing to remember is that even though this position might LOOK like the start of a Bulgarian Split Squat, the exercise does NOT involve any actual split squatting movement.

Once you're set in that top position, lean forward as though you're going to set the dumbbells down on the floor. DON'T set the dumbbells down on the floor, though!

Lean forward only far enough that your stomach contacts your thigh.

And be VERY sure that you maintain an arch in your lower back all the way forward. Hold that position for a few seconds.



Now here's the OTHER way this exercise targets your glutes...

When you come back up to the top, it's going to be via the hip extension function of the glute. Your glute will basically be pulling your torso (and the weight) back up into the top position WHILE it's also supporting your bodyweight (and the weight) isometrically in a STRETCHED position.

This literally FORCES massive activation of the glute muscles and will light a fire in your butt like nothing you've ever felt before.

When you've completed your reps (I recommend fairly low reps of about 5 to 7 per set), set the dumbbells down, change legs, then repeat on the other side.



## **The Bottom Line:**

You will feel this exercise from the moment you start it. It puts INCREDIBLE tension on the glutes two different ways at the

same time. If you have a hard time feeling your glutes working or if you have knee issues, this is the PERFECT exercise for firing up your glutes FAST.

And if you DON'T have either of those issues but just want to get a bigger, better (or stronger!) butt, this exercise is exactly what you're looking for to get the job done.

## **Exercise # 5** **Lengthwise Barbell** **Donkey Calf Raises**





## Mad Scientist Leg Exercise #5:

# Develop Eye-Popping, Laser-Cut Diamond Calves... Even If Your Calves Currently SUCK!...

## **The Problem: Your Calves are "Missing In Action" and Nothing You've Tried Seems to Help**

I'll be straight up with you...calves are one of the TOUGHEST muscle groups to develop, especially if you have terrible genetics for them. They can take a beating and still not grow an inch.

And to make matters worse, one of the best exercises for calves is the Donkey Calf Raise...and it is EXTREMELY rare to find a good Donkey Calf Raise machine, even in a fairly well-equipped gym...and FORGET having one in a home gym. There just isn't the space or budget for a standalone machine.

## **The Solution: Lengthwise Barbell Donkey Calf Raises**

This exercise setup mimics the Donkey Calf Raise machine PERFECTLY...in fact, I think it's even BETTER than any Donkey Calf Raise machine I've ever used because of the freedom of movement (and the stabilization requirement) it offers.

With a simple power rack, barbell and calf block, you will make the Donkey machine obsolete.

Set the safety rail on one side of the rack to about upper ab/lower chest height. Set the other safety rail a few notches lower so that you have a downward angle on the bar. Load both ends of the bar fairly equally (be careful when loading the lower end so the plates don't slide off).

Set a calf block by the bottom end, inside the rack. I also recommend using a barbell pad or towel for padding. This is especially important as you start using heavier weights.



Grip the high end of the bar with an alternating grip then get your feet set on the calf block.



Get into position with the bar running lengthwise down your back. The pad should be on your lower back/hips. Your knees should be slightly bent at the top of the movement.

Let your heels come down into the bottom position of the Donkey Calf Raise. The stretch position is the "money" position of this exercise and the reason it's so effective for developing the calves. Hold this stretch for a few seconds at the bottom of every single rep to maximize the effect you get from it.



Then come up, raising your heels as high as you can, getting a hard contraction on the calves.



This setup has the advantage of allowing much greater freedom of movement than a regular Donkey Calf Raise machine, so your body can find it's own path for the exercise. This also dramatically increases the stabilization requirements being placed on the calves during the movement, which is something that's completely missing from the machine version.

This setup also allows you load the exercise as much as you need to...it is a barbell, after all!

## **The Bottom Line:**

The Donkey Calf Raise is a KEY exercise for developing great calves...and this is a GREAT setup for the exercise that has a number of advantages over machines that are even designed specifically for it!

So if you train in a home gym or a commercial gym, and you have a power rack, try this exercise setup. I promise, you will LOVE having a way to train calves like this.

**Want 149 MORE Unique Exercises Just Like These to Build Strong, Muscular, POWERFUL Legs?...**

