

FREE LEG TRAINING GUIDE

STRONGER LEGS AFTER 40

A practical gym workout.
Build strength. Train with control.



05

exercises

02

working sets each

01

repeatable routine

01 / YOUR SESSION PLAN

Your leg day, simplified

A lower-body session to fit within a balanced training week.

WARM UP FOR 5-10 MINUTES

Walk or cycle easily, then practise 8 bodyweight squats to a comfortable depth and 8 unloaded hip hinges. Before the leg press and RDL, do 1-2 lighter practice sets.

EXERCISE	SETS	REPS	REST
1. Leg press	2	8-12	2 min
2. Dumbbell RDL	2	8-12	2 min
3. Seated leg curl	2	10-15	60-90 sec
4. Supported split squat	2	8-12 / leg	90-120 sec
5. Standing calf raise	2	12-20	60-90 sec

Effort: Finish each set with about 2-3 good repetitions left. Rest longer if needed. Warm-up sets do not count as working sets.

Schedule: Aim for two lower-body sessions per week, separated by at least 48 hours. This routine can serve as both sessions; account for leg work elsewhere in your plan.

New or returning? Start with one working set per exercise and one session in week 1. Build towards the listed volume and frequency as you recover.

Equipment: leg press, dumbbells, seated leg curl and stable support.

01 / SQUAT PATTERN

Leg press

Quads + glutes / Exercise 1 of 5



2 SETS

8-12 REPS

2 MIN REST

- 1 Set your position**
Keep back and hips on the pad. Place feet around shoulder width on the plate.
- 2 Lower under control**
Let knees follow your toes. Descend only as far as you can keep your pelvis supported.
- 3 Press smoothly**
Push through the whole foot. Extend your legs without forcefully snapping knees straight.

Avoid: bouncing at the bottom or letting your lower back lift off the pad.

Alternative: controlled sit-to-stand from a stable bench.

02 / HIP HINGE

Dumbbell Romanian deadlift

Hamstrings + glutes / Exercise 2 of 5



2 SETS

8-12 REPS

2 MIN REST

- 1 Start tall**
Hold dumbbells by your thighs. Stand hip width apart with a soft bend in your knees.
- 2 Send hips back**
Hinge at the hips and keep the weights close. Maintain a comfortably neutral spine.
- 3 Stand with control**
Stop lowering when hamstring tension limits your hinge, then bring hips forward to stand.

Avoid: chasing the floor, rounding your back or turning the hinge into a squat.

New to hinging? Practise unloaded; ask a trainer to check your form.

03 / KNEE FLEXION

Seated leg curl

Hamstrings / Exercise 3 of 5



2 SETS

10-15 REPS

60-90 SEC REST

1 Adjust the machine

Align knees with the machine pivot. Secure the thigh pad and place the roller behind ankles.

2 Curl smoothly

Bend your knees through a comfortable range while keeping hips and back supported.

3 Return slowly

Control the weight back towards the start. Avoid letting the stack slam down.

Avoid: lifting your hips, jerking the weight or forcing a painful range.

Alternative: lying leg curl, with the machine adjusted to fit you.

04 / SINGLE-LEG WORK

Supported split squat

Quads + glutes / Exercise 4 of 5



2 SETS

8-12 / LEG

90-120 SEC REST

1 Set a stable stance

Use a staggered stance with both feet on the floor. Hold a fixed support lightly.

2 Lower straight down

Bend both knees. Keep the front foot planted and allow the knee to follow the toes.

3 Rise and repeat

Push through the front foot to stand. Finish one side, then switch; both sides make one set.

Avoid: a tightrope stance, bouncing or using a depth you cannot control.

Start with bodyweight. Use a shallower range or supported sit-to-stand if needed.

05 / CALF WORK

Standing calf raise

Calves / Exercise 5 of 5



2 SETS

12-20 REPS

60-90 SEC REST

1 Use support

Stand on a flat floor, feet hip width apart. Hold a stable support for balance.

2 Raise your heels

Rise onto the balls of your feet while keeping knees nearly straight and ankles aligned.

3 Lower with control

Pause briefly at the top, then lower heels gently. Keep each repetition smooth.

Avoid: bouncing, rolling onto the outside edges of your feet or rushing.

Progress with a light dumbbell or calf-raise machine once bodyweight feels easy.

07 / PROGRESS & TRACK

Make the next session count

Build from controlled repetitions, not bigger numbers at any cost.

A SIMPLE WAY TO PROGRESS

Use the same load until you reach the top of the rep range on both sets with good form and 2-3 reps left. When repeated comfortably, add the smallest available weight increase and return towards the lower end of the range.

YOUR SESSION LOG

Date: _____ Session: _____

EXERCISE	LOAD*	SET 1 REPS	SET 2 REPS
Leg press	_____	_____	_____
Dumbbell RDL	_____	_____	_____
Seated leg curl	_____	_____	_____
Split squat (L / R)	_____	_____	_____
Calf raise	_____	_____	_____

*Record total machine load; for dumbbells, record each dumbbell. For split squats, record reps per side. Copy this page for your next workout.

Train with control: Use a comfortable range and breathe throughout. Stop for sharp or increasing joint pain, dizziness or chest symptoms. Get individual advice for an injury or medical restriction.

Follow LLLH for practical training, nutrition and recovery after 40.

Reference: ACSM Resistance Training Position Stand (2026). Illustrations are visual aids.