

# 30 DAY SQUATS AND LUNGES WORKOUT PLAN TO SCULPT YOUR LEGS AND GLUTES

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## List of Squats and Lunges to Build Legs and Glutes

### Squat Variations

- Goblet Squat
- Sumo Squat
- Jump Squat
- Pistol Squat
- Single-Leg Squat
- Wall Squat
- Frog Squat
- Prisoner Squat
- Bulgarian Squat
- Squat to Calf Raise
- Pulse Squat
- Hindu Squat
- Sissy Squat
- Pop Squat
- Plie Squat
- Air Squat
- Eccentric Squat

- Box Squat
- Shrimp Squat
- Plyo Squat

### **Lunge Variations**

- Forward Lunges
- Reverse Lunges
- Lateral Lunges
- Curtsy Lunges
- Back and Forth Lunges
- Reverse Lunge to Front Kick
- Cossack Lunge
- Jumping Lunges
- Reverse Lunge with Torso Twist
- Low Lunges
- Walking Lunges
- Pendulum Lunge
- Elevated Lunge
- Pulse Lunge
- Sliding Lunge
- Clock Lunge
- Reverse Lunge to Single-leg Deadlift
- Curtsy Lunge with Lateral Kick
- Reverse Lunge to Knee Drive
- [Sprinter Lunges](#)

# **The Best Squats and Lunges Workout Plan to Sculpt Your Legs and Glutes**

## For Beginners

If you're a beginner, you can start with this 10-minute squat and lunge workout routine. It involves basic variations that strengthen and **sculpt your lower body**, take your fitness to the next level.

### 10-Minute Lunge and Squat Workout:

- 10 Wall Squats
- 5 **Assisted Lunges** per side
- 10 Goblet Squats
- 5 Lateral Lunges per side
- 10 Hindu Squats
- Do as many rounds as possible in 10 minutes.

Increase repetitions every day and reduce the rest period between exercises.

## For Intermediate

If you've been working out for a while and looking for an easy-to-follow, challenging lower-body training routine, try this 20-minute lunges and squats workout.

This program involves various exercises that **bolster the quads**, hamstrings, and glutes and develop sturdy and defined legs.

I usually pair this workout with push-ups and sit-ups to **work my entire body**. You can also do that or follow this routine alone.

### Day 1, 4, 7, 10...28

- 20 Air Squats
- 10 Front Lunges per leg
- 20 Sumo Squats
- 10 Lateral Lunges per leg
- 10 Jump Squats
- 5 Curtsy Lunges/side
- Do as many rounds as possible in 20 minutes.

### Day 2, 5, 8, 11...29

- 15 Prisoner Squats
- 10 Reverse Lunges/side

- 5 Pistol Squats/side
- 5 Cossack Lunges/side
- 5 Bulgarian Squats/side
- 10 Jumping Lunges
- AMRAP in 20 minutes

## Day 3, 6, 9, 12...30

- 10 Pop Squats
- 5 Back and Forth Lunges on each leg
- 5 Plie Squats
- 5 Low Lunges/side
- 10 Eccentric Squats
- 5 Clock Lunges
- 5 Lunges to Front Kick/side
- AMRAP in 20 minutes

## Advanced 30-Minute Squat and Lunge

In this program, I've included easy to advance exercises that require balance, strength, and endurance.

If you want to challenge your fitness level while bolstering your legs and glutes, try this 30-minute squat and lunge workout plan.

### About Workout:

- **Workout Duration:** 30 minutes
- **Number of rounds:** Perform as many rounds as possible in half an hour.
- **Program Duration:** 30 Day Challenge
- **Intensity:** Low to Moderate
- **Target Gender:** Male and Female
- **Focused Muscles:** Legs and Glutes
- **Program Goal:** Improve balance, strength, and endurance.

## Day 1, 6, 11, 16, 21, and 26

Exercise	Reps
Goblet Squat	15
Forward Lunges	10/leg
Single-Leg Squat	5/side
Reverse Lunge to Front Kick	5/side
Plie Squat	10
Reverse Lunge to Single-leg Deadlift	5/side

## Day 2, 7, 12, 17, 22, and 27

Exercise	Reps
Sumo Squat	15
Reverse Lunges	5/leg
Frog Squat	10
Cossack Lunge	5/leg
Shrimp Squat	5
Reverse Lunge to Knee Drive	5/side

## Day 3, 8, 13, 18, 23, and 28

Exercise	Reps
Squat Jumps	10
Lateral Lunges	5/side
Bulgarian Squat	5/side
Jumping Lunges	5/side
Pop Squat	10
Curtsy Lunges	5/side

## Day 4, 9, 14, 19, 24, and 29

Exercise	Reps
Pistol Squat	6/leg
Curtsy Lunges	6/leg
Sissy Squat	6/leg
Low Lunges	6/leg
Plyo Squat	10
Sprinter Lunges	6/leg

## Day 5, 10, 15, 20, 25, and 30

Exercise	Reps
Goblet Squat	10
Back and Forth Lunges	5/leg
Pop Squat	10
Clock Lunge	5
Bulgarian Squat	6/leg
Walking Lunges	6/leg

## The Ultimate Bodyweight Exercises for Beginners

- [1. Basic Squat](#)
- [2. Stationary Front Lunges](#)
- [3. Lateral Squat](#)
- [4. Sumo Squat](#)
- [5. Calf Raise](#)
- [6. Wall Sit](#)
- [7. Glute Bridge](#)
- [8. Wall Pushup](#)
- [9. Kneeling Pushup](#)
- [10. Incline Pushup](#)
- [11. Standard Pushup](#)
- [12. Negative Pushup](#)
- [13. Decline Knee Pushups](#)
- [14. Diamond Pushup](#)
- [15. Chair Dips](#)
- [16. Plank Triceps Extension](#)
- [17. Prone IYT Raises](#)
- [18. Superman Pull](#)
- [19. Narrow Wall Pushup](#)
- [20. Bicep Leg Curl](#)
- [21. Squat Thrust](#)
- [22. Shoulder Tap](#)
- [23. Bear Crawl](#)
- [24. Dive Bomber Pushup](#)
- [25. Mountain Climber](#)
  
- [Arm Circles](#)

- [Cat-Cow](#)

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