

12 exercises to have strong legs for all ages

Simple leg exercises, no tools needed, and anyone can practice.

From running to weightlifting there are many ways to keep your legs strong.

But is there a simple Workout exercise that can train the whole leg and is suitable for all ages? Definitely yes and 12 below will be what you are looking for.

Note : This exercise is provided by physiotherapist Marilyn Moffat - who is also the author of " Age Defying Fitness ". During the exercise, if you develop pain symptoms or any other problem, you should stop exercising and consult your doctor.

1. To start, we will focus on the ankle. Moffat says strengthening the ankles is important because they will help maintain balance. On a small note, keep your knees straight with this exercise.



2. Go in place with a beat of one second going up, one second going down (maybe slower than what you see in the picture below). Let's start doing these 5 exercises for each foot and then you can increase it up to 25 times.



3. Walk with your heel. This will activate the muscles on the front of the shin. Try to walk to the end of the hallway and then return. Note that you cannot stoop to this movement.



4. Next, turn your back to the wall to make a "pretend" move sitting like the image below. Place your arms like the football pitches and keep this posture for a minute. You can stretch your movements up to 3 minutes.



For this exercise, it is important to remember that the ankle is always ahead of the knees. To make sure you're in the right position, try lifting your toes off the floor. If you can do that, you are in the right position.



5. From this movement, you will need a carpet. Lay down on the carpet and create a bridge posture like the image below with arms crossed. Hold one leg up and hold it for about 30 seconds. Repeat the action with the other leg.



6. For the next move, you need to shift the center of your mind to one side with one leg folded and put your head on one arm. Raise your remaining leg for 10 seconds and increase it to 30 seconds for later exercises.



After that, put your foot up and down and the goal is to maintain it for about 30 seconds for a workout.



Continue with this pose but this time put your feet sideways for about 30 seconds for one workout.



Also pose above but you will rotate your left foot in a circle, starting with clockwise direction.