

Click to prove
you're human



Stand tall with your feet hip-width apart.Step your right foot back a few feet into a lunge position.Push through your left foot to explosively jump into the air, driving your right knee toward your chest.Land with a soft knee (that's 1 rep) and step back immediately into another lunge.Do all your reps on one side, then repeat with the other leg.Targets the gluteus maximus, hamstrings, quadriceps, soleus (calf), and core.Gifs and image: Photographer: Katie Thompson. Hair grooming: Yukiko Tajima. Makeup: Risako Matsushima. Stylists: Rika Watanabe.Gifs 1, 3, and 4: Model Rachel Delms is wearing an Outdoor Voice Athena Crop Top, \$45, outdoorvoices.com; GapFit leggings, similar styles at gap.com; and APL Techloom Pro sneakers, \$140, athleticequip.com.Gif 2: Model Crystal Williams is wearing a Puma Women's Chase AOP Top, \$45, us.puma.com; Lululemon Align Pant II 25" leggings, \$198, shop.lululemon.com; and Asics sneakers, similar styles at asics.com.Gifs 5 and 6: Model Teresa Hu is wearing a Nancy Rose Performance Tank Top, Gap Fast Fit Rise Capris in Eclipse, \$50-\$69, gap.com; and Brooks Adrenaline GTS 16 sneakers, \$78 (normal \$120), brooksrunning.com.Gif 7: Model Cookie Janee is wearing a Vaara Cro Sports Bra, approximately \$13 (90), vaara.com; Tory Sport Chevron Leggings, \$125, nordstrom.com; and Nike Metcon 4 Chameleon sneakers, \$130, nike.com.Gifs 8, 9, 10, and 11: Model Cookie Janee is wearing an Alala Cross Back Bra, \$85, alalastyle.com; Alala Harty Tight, \$135, alalastyle.com; and Adidas x Stella McCartney Ultraboost sneakers, \$169, adidas.com.Gifs 12 and 13: Model Amanda Wheeler is wearing a Vaara Cro Sports Bra, approximately \$13 (90), vaara.com; Lululemon Under H Under High Rise Mesh 28", \$118, shop.lululemon.com; and Puma Harty Rocket Running Shoes, \$110, us.puma.com.Gif 14: Model Alyssa Marsh is wearing a Nike sports bra, similar styles at nike.com; Purity Active leggings, similar styles at theoutnet.com; and Reebok sneakers, similar styles at reebok.com.Gif 15: Model Crystal Williams is wearing a Manduka Mesh Crop Top, similar styles at manduka.com; Reebok leggings, similar styles at reebok.com; and New Balance sneakers, similar styles at newbalance.com.Gif 16: Model Rosimer Suarez is wearing a Universal Standard Front Runner Tank, \$45, universalstandard.com; Girfriend Collective High Waist Full Length Leggings, \$68, nordstrom.com; and New Balance sneakers, similar styles at newbalance.com.Gifs 17 and 18: Model Heather Lin is wearing an Adidas sports bra, similar styles at adidas.com; Nancy Rose Performance leggings, similar styles at saksfifthavenue.com; and Hoka One One Hupana 2 sneakers, \$90, hokaoneone.com. Want to learn how to lose leg fat? Here are some of the best exercises and tips that can help reduce fat, burn calorie and tone muscles, giving you stronger, sculpted legs. Written by: Aayushi Gupta Updated On: 16 Apr 2025, 10:54 pm IST Reviewed by View All Images These exercises can help lose leg fat quickly! Image courtesy: Adobe Stock Lets be real, losing fat from just one part of your body is not exactly how it works. But with the right exercises and consistent effort, you can burn calories, build lean muscle, and shape those legs. If you have been endlessly scrolling the internet to learn how to lose leg fat but still feel stuck, you are not alone. And guess what? You are in the right place. Leg fat, especially around the thighs, can build up for a bunch of reasons: genetics, hormones, sitting too much, poor diet, or just overall weight gain. And sets be honest, excess leg fat can cause a lot of discomfort. The good news is that you can reduce it with these exercises and tips. How to lose leg fat can sometimes accumulate in the legs, just like in the belly, shoulders, and other areas. Heres how to lose leg fat faster with these targeted exercises:1. Strength trainingStrength training builds muscle and helps burn more calories even when you are resting. It can increase your metabolic rate, which can help you burn fat and calories, as per a study published in the Journal of Sports Sciences. Here are some strength training exercises that can help you learn how to lose leg fat:Squats: Stand with your feet shoulder-width apart, bend your knees, and lower your hips like you are sitting in a chair. Keep your back straight and heels flat on the floor. Push through your heels to return to the starting position. Do 3 sets of 1215 reps.Deadlifts: Stand with your feet hip-width apart. Bend by lowering your hips and knees, keeping your back straight. Grip the weights and lift by straightening your hips and knees together. Then lower the weights back down. 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Instead, the 7 leg strengthening exercises in this post will challenge ALL of your lower body muscles and force them to work in unison to stabilize your body and generate force.And many of the exercises Im about to show you are also terrific for your core strength since they integrate both your upper and lower body, which means you get a core workout without doing dangerous exercises like sit-ups!The 7 Best Fat Burning Leg ExercisesOk, its time to jump in and get to these 7 leg exercises.Bear in mind that you shouldnt do all 7 of them in one workout but rather pick and choose 2-3 of them for any given lower body workout.For best strength and fat loss results, choose a weight that will only allow you to complete 6-8 reps with excellent form and complete 2-3 sets for each one. 1. Squats Without a doubt, squats are the most fundamental lower body exercise.If you're into sports, squats are a must since they mimic the exact movement patterns of jumping and sprinting. 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This exercise is massive.Try it out for yourself and let me know what you think. Better yet, do a few ab crunches and see how that feels. Then, do a few heavy front squats and tell me your core isnt working 1000x harder!Remember, the more muscle working, the more calories you burn!3. Forward-Backward LungesEveryone sees the traditional lunge, right? Well, in my workouts, I kick things up a notch (or 2 or 3) by doing forward-backward lunges.This is essentially a lunge where you step backward, drop down into your lunge, and then push forward into a forward lunge, and then push backwards into a reverse lunge, and repeat.Sounds a little confusing, I know.But this exercise, when done properly (and without even using any weight), could very well be the MOST challenging leg exercise you ever attempt. Youll know what I mean within a few seconds as your legs begin to catch fire faster than a Southern Californian forest.4. DeadliftsAh,deadlifts. 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The good news is that you can reduce it with these exercises and tips. How to lose leg fat can sometimes accumulate in the legs, just like in the belly, shoulders, and other areas. Heres how to lose leg fat faster with these targeted exercises:1. Strength trainingStrength training builds muscle and helps burn more calories even when you are resting. It can increase your metabolic rate, which can help you burn fat and calories, as per a study published in the Journal of Sports Sciences. Here are some strength training exercises that can help you learn how to lose leg fat:Squats: Stand with your feet shoulder-width apart, bend your knees, and lower your hips like you are sitting in a chair. Keep your back straight and heels flat on the floor. Push through your heels to return to the starting position. Do 3 sets of 1215 reps.Deadlifts: Stand with your feet hip-width apart. Bend by lowering your hips and knees, keeping your back straight. Grip the weights and lift by straightening your hips and knees together. Then lower the weights back down. Do 3 sets of 1012 reps.Pulses: Step forward with one leg, lower your hips until both knees are at 90-degree angles. Return to the starting position and switch legs. Do 3 sets of 12 reps per leg.Hamstring curls: Lie on your back, place your feet on a stability ball, and curl it toward you using your legs. Do 3 sets of 15 reps.Leg presses: Use a leg press machine at the gym. Push the platform away using your legs, then slowly return. Do 3 sets of 12 reps.Leg lifts: Lie on your side and lift your top leg up and down slowly. Switch sides. Do 3 sets of 15 reps per leg.Performing strength training exercises every day can help you strengthen your legs. Image courtesy: Adobe Stock2. Aerobic exercisesCardio helps burn calories and shed fat all over your body, including the legs, according to a study published in the Journal of Applied Physiology. Aim for at least 30 minutes of aerobic exercise most days of the week to see results. Here are some aerobic exercises you can do to learn how to lose leg fat: Cycling: This low-impact exercise is great for your quads, hamstrings, calves, and glutes. You can use a stationary or outdoor bike.Swimming: A full-body workout that is easy on the joints and tones your legs.Brisk walking: Simple but effective to burn calories and tighten up your legs, especially when done regularly.Running: One of the most efficient exercises to burn fat, build endurance, and strengthen your legs from top to bottom.Jumping rope: It works your calves, thighs, and glutes while also improving coordination and cardiovascular health.Stair climbing: Perfect for toning quads, hamstrings, and glutes.3. Resistance exercisesUsing resistance bands adds extra tension to your workouts, helping you sculpt and tone the leg muscles faster. 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This is a calorie deficit. A study published in the Journal of Obesity & Metabolic Syndrome has shown that low-calorie diet involves consumption of 10001500 calories per day and deficits of 500750 calories per day can lead to healthy weight loss. Here are tips to keep in mind to know how to lose leg fat: Eat more whole foods like fruits, veggies, lean protein, and whole grains.Eat more protein, as it helps you stay full, making it easier to reduce calorie intake.Avoid sugary drinks and processed snacks.Stay hydrated, as it can reduce cravings and help you consume fewer calories.Consume your meal on time, as it can prevent overeating.Be mindful of how much food you are eating and consider using smaller plates or bowls.Track your meals if it helps you stay on track.Initially, aim to reduce 300500 calories per day for healthy weight loss.How to lose leg fat? Know who should be careful with these exercisesthis is good to learn how to lose leg fat. But some people should be careful with these exercises:People with knee injuries should avoid high-impact movements like running or jumping rope.Those with joint pain or arthritis may find stair climbing or lunges uncomfortable, so do low-impact options like swimming.Beginners should start slow and focus on proper form to prevent strain or injury.Individuals with heart conditions should consult a doctor before doing intense cardio like running or cycling.Pregnant women should avoid high-impact or balance-challenging exercises.Anyone recovering from surgery should get medical clearance before resuming leg workouts.Overweight individuals may want to avoid excessive jumping to reduce stress on joints so they can do walking or biking instead.So, perform these exercises regularly to learn how to lose leg fat! Spot reduction (losing fat from one specific area) is not really possible. Fat loss happens all over your body, but targeted exercises can tone and strengthen your legs. 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