

h.y.p.e. STUDIO
performance training

@ CLUB:24

20-Minute Dumbbell Leg Workout

Build Stronger Legs, Glutes, Hamstrings, and Core

This workout is a simple but effective lower-body session built around two major movements: **Romanian deadlifts** and **squats**.

You will train your:

Quads

Hamstrings

Glutes

Core

Lower-body stability

Balance and control

All you need is **one pair of dumbbells** and about **20 minutes**.

Equipment Needed

One pair of dumbbells

Open floor space

Timer or interval clock

Optional mat

Choose dumbbells that feel challenging but allow you to move with control. You should be able to complete each work interval with good form.

Workout Format

You can perform this workout using either interval option:

Option 1: Standard Pace

50 seconds work

10 seconds rest

Option 2: Beginner / Recovery Pace

40 seconds work

20 seconds rest

Move at your own pace. The goal is not to rush. The goal is to use clean reps, good posture, and controlled movement.

Key Exercise: Romanian Deadlift

The Romanian deadlift targets the hamstrings, glutes, and lower back stabilizers.

Setup

Stand tall with your feet about hip-width apart.

Hold the dumbbells in front of your thighs.

Keep your chest lifted and shoulders pulled back.

Keep the dumbbells close to your body.

Keep your neck in line with your spine.

How to Perform

Push your hips back slowly.

Lower the dumbbells down the front of your legs.

Stop when you feel a stretch in your hamstrings.

Do not force extra depth.

Drive through your heels and squeeze your glutes to stand tall again.

Form Reminders

Keep your back flat.

Do not round your shoulders.

Do not jerk the weights.

Keep the dumbbells close to your legs.

Move slowly on the way down.

Pause briefly at the bottom if you want to feel the hamstrings more.

Key Exercise: Dumbbell Squat

The squat targets the quads, glutes, hamstrings, and core.

Setup

Stand with feet about shoulder-width apart.

Hold the dumbbells close to your body.

Keep your chest up.

Look forward.

Brace your core.

How to Perform

Sit your hips back and down.

Keep your knees in line with your feet.

Lower to a comfortable depth.

Push through your feet to stand back up.

Squeeze your glutes at the top.

Form Reminders

Keep looking forward.

Do not let your knees cave inward.

Keep your chest lifted.

Use control, not momentum.

Only squat as low as your body comfortably allows.

Safety Notes

Stop if you feel sharp pain.

Use lighter dumbbells if your form breaks down.

Keep movements smooth and controlled.

Focus on quality reps, not speed.

Ask a Club 24 team member if you need help with setup or form.

20-Minute Workout Protocol

Recommended Warm-Up: 3–5 Minutes

Complete 30–45 seconds each:

Bodyweight squats
Hip hinges
Glute bridges
Alternating reverse lunges
Light hamstring stretch
March in place or light cardio

The goal is to warm up the hips, knees, hamstrings, glutes, and core before adding dumbbells.

Main Workout: 20 Minutes

Use either:

50 seconds work / 10 seconds rest

or

40 seconds work / 20 seconds rest

Complete the full list below. Rest as needed, but try to stay with the timer.

Round 1: Foundation

1. Dumbbell Romanian Deadlift
Focus: slow lower, hamstring stretch, smooth stand-up.
2. Goblet Squat
Hold one dumbbell close to your chest. Keep knees tracking with feet.
3. Dumbbell Romanian Deadlift
Try to lower slightly slower than the first set.
4. Dumbbell Squat
Hold both dumbbells at your sides or up near your shoulders.

Round 2: Control and Range

5. Slow Romanian Deadlift
Use a 3-second lowering phase.
6. Pause Squat
Pause for 1 second at the bottom of each squat.
7. Romanian Deadlift
Keep the dumbbells close to the legs the entire time.

8. Narrow-Stance Squat

Bring feet slightly closer together to emphasize the quads.

Round 3: Glutes and Hamstrings

9. Romanian Deadlift with Bottom Pause

Pause briefly when you feel the hamstring stretch.

10. Sumo Dumbbell Squat

Feet wider than shoulder-width, toes slightly turned out.

11. Romanian Deadlift

Smooth reps. No bouncing. No jerking.

12. Squat to Calf Raise

Squat down, stand up, then rise onto your toes.

Round 4: Combination Work

13. Romanian Deadlift to Squat

Perform one Romanian deadlift, then one squat. Repeat.

14. Dumbbell Squat

Steady pace. Keep the chest tall.

15. Romanian Deadlift

Last weighted hamstring-focused set. Stay controlled.

16. Dumbbell Squat Hold or Pulses

Hold the bottom position or perform small controlled pulses.

Finisher: Bodyweight Burnout

17. Bodyweight Squats

Move with control. Full range if comfortable.

18. Bodyweight Romanian Deadlift / Hip Hinge

Hands on hips or reaching toward the floor. Focus on the hinge.

19. Squat Pulses

Small controlled pulses at the bottom of the squat.

20. Bodyweight Squat Hold

Hold the bottom position as long as possible with good form.

Cooldown: 3–5 Minutes

Hold each stretch for 20–30 seconds:

Standing hamstring stretch
Quad stretch
Figure-four glute stretch
Hip flexor stretch
Child's pose or forward fold
Deep breathing

Beginner Modification

Use lighter dumbbells or bodyweight only.
Choose the 40/20 timer option.
Limit range of motion if needed.
Take extra rest when form breaks down.
Focus on learning the Romanian deadlift and squat patterns first.

Advanced Progression

Use heavier dumbbells.
Choose the 50/10 timer option.
Slow down the lowering phase.
Add pauses at the bottom.
Reduce rest between rounds.
Repeat the full workout for a second round if appropriate.

Coaching Cue to Remember

Slow down, stay controlled, and feel the muscles working. This workout is not about rushing reps. It is about building stronger legs with better movement.