

## Leg Workouts – Do them – Legs are the Number One Calorie Burners of the Body

Leg days when it's workout time are dreaded because the exercises are hard to do, they take the most energy (spelled calorie burn), and they are easily the most tiring of all exercises. [Fitness](#) does not come easily and nor does it come without some sacrifices. So, even if leg exercises are dreaded, the bottom line is that doing these exercises burn the most calories in the human body because it involves using the biggest muscles of the body, the quadriceps, the calves, and the gluteus muscles. Moving these muscles requires the most energy which in turns burns the most calories. There is a reason long-distance runners are thin. It's because they use the body's biggest muscles performing long-distance running. A thinking shift is in order when it comes to dreading leg workouts. Leg exercises are hard to do, but they net benefit is tremendous when it comes to overall [fitness](#). Below please see a list of leg exercises that can be done to improve overall fitness. The best leg exercise list is as follows:

- The Dead lift – This leg exercise is far from what it sounds like. This lift involves the shoulders, the forearms, the back, the core, the gluts and the legs of the body. This leg exercise also exercises the back which means that the calorie burn is excellent for this particular movement. The dead lift leg exercise comes close to exercising the entire human body.
- The Squat – This leg exercise involves the legs, the back, and the shoulders. This leg exercise is useful because it burn tons of calories and it works out most of the body.
- The Lunge – Doing the lunge leg exercise with weights works the legs, the gluts, the shoulders the back and the forearms.

These three exercises are excellent for building leg strength, back strength, shoulder strength, calorie burn, and cardiac fitness. Ideally the best way to make the most of using the dead lift, the squat, and the lunge is to build these exercises into a full workout routine with legs, upper body and cardio. Adding in all three recommended leg exercises will improve overall [fitness](#), strength, and cardio health.