

4 Standing Exercises That Restore Leg Strength Faster Then Weight Machines After 60

Reclaim your lower-body strength by adding these productive moves to your workouts.

Leg power enables you to live an active, independent life. As you age, strong legs can help keep you mobile and balanced. They'll boost your performance, metabolism, and joint health. Healthy lower limbs enable you to walk, run, climb, play pickleball, and even keep up with your grandchildren. Weak leg power can totally compromise your lifestyle. It can signify declining function or even a disability. On the contrary, powerful legs reflect good physical shape.

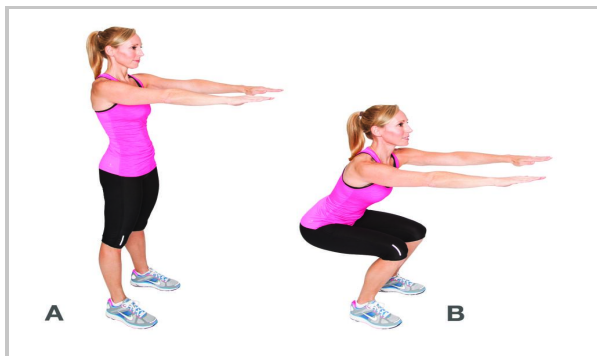
There are many reasons why people have decreased leg strength, including sarcopenia (the natural loss of muscle as you age), nerve damage, and even certain health conditions.

“Leg strength naturally declines because we start to do less and less as we age,” explains **Dr. Matthew Brown**, Owner and PT at Corrective Physical Therapy, who opened his practice in 2023. “We don’t train as much, as hard, or as consistently. There is a slight decline with age in genetics, but it doesn’t impact you as much as you think it does. Not until after 70 years old.”

The muscle groups that power your legs include your hamstrings, calves, glutes, and quads. It’s essential to engage them in your workouts, and we have just the routine. We’ve learned four standing exercises that can help restore leg strength faster than weight machines after 60.

1) **Bodyweight Squats**

1. Stand tall, feet shoulder-width apart on the floor.
2. Extend your arms ahead of you or place your hands on your hips.
3. Bend at the knees and hips as you lower into a squat.
4. Descend until your thighs are parallel to the floor.
5. Press through your heels to rise back up to standing.
6. Perform 3 sets of 6 to 10 reps.



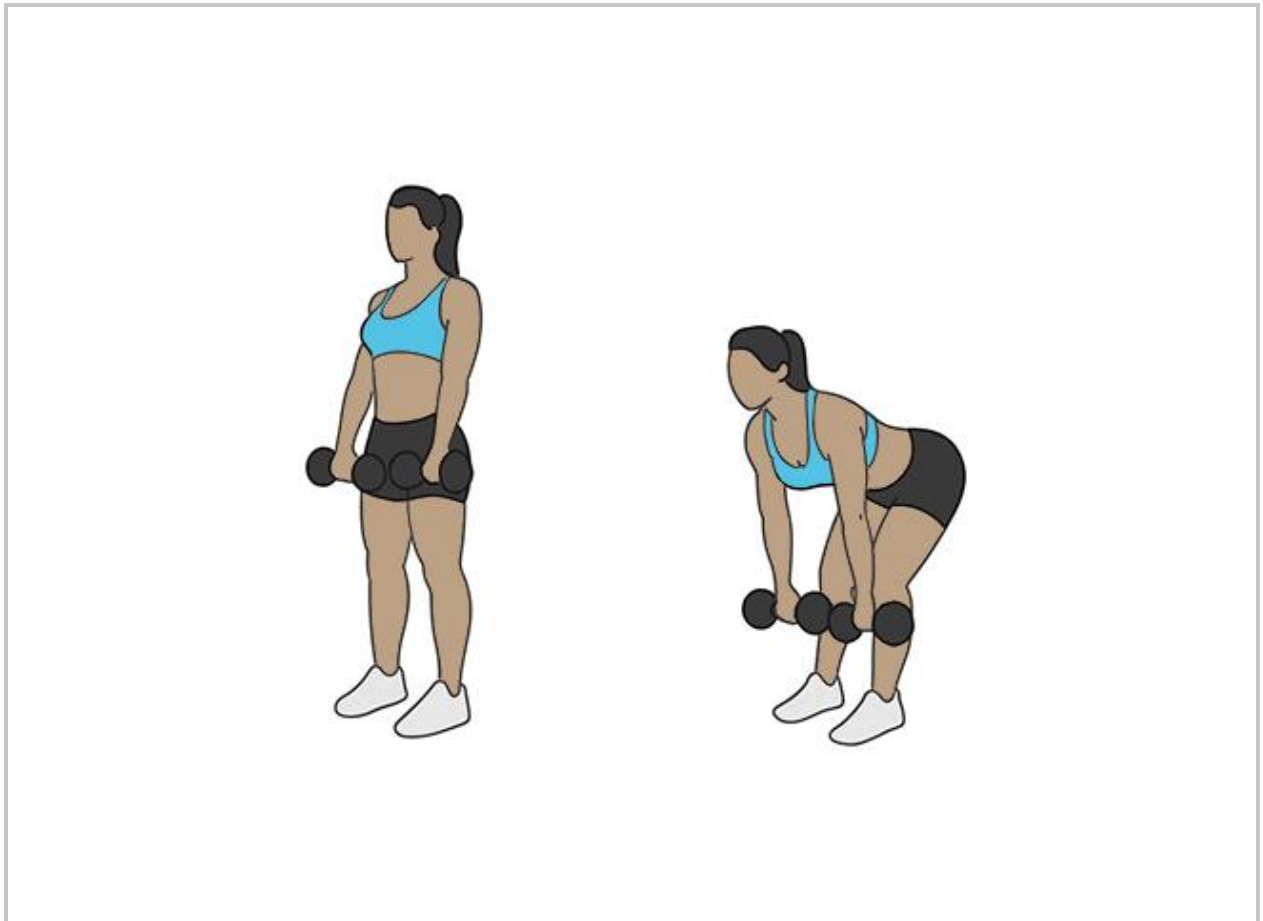
2) Lunges

1. Stand tall with your feet parallel, hip-distance apart.
2. Place your hands on your hips.
3. Step forward with one foot.
4. Engage your core as you bend your knees, lowering to form 90-degree bends in both legs.
5. Keep your upper body straight.
6. Press through your front heel and the ball of your back foot to rise back up.
7. Complete 3 sets of 6 to 10 reps.



3) Romanian Deadlift

1. Stand tall, feet hip-width apart, with a dumbbell in each hand.
2. Bend your knees slightly and hold the weights in front of your thighs.
3. Press your hips back as you lower the dumbbells down your leg. Maintain a straight back as you do so.
4. Squeeze your glutes to return to the starting position.
5. Perform 3 sets of 6 to 10 reps.



Step-Ups

1. Begin by standing tall, facing a low step. Hold an optional lightweight dumbbell in each hand.
2. Place your left foot firmly onto the surface, keeping your core engaged and chest tall.
3. Press through your left heel to lift your body until your left leg is straight and you're standing on the surface.
4. Use control to lower back to the start position.
5. Repeat on the other side.
6. Perform 3 sets of 6 to 10 reps.

