

1. Squats (barbell, goblet, or bodyweight)
2. Lunges (forward, reverse, or walking lunges)
3. Deadlifts (conventional or sumo)
4. Bulgarian split squats
5. Step-ups
6. Leg press
7. Leg extensions
8. Leg curls
9. Glute bridges
10. Hip thrusts
11. Calf raises (standing or seated)
12. Box jumps
13. Hamstring curls
14. Romanian deadlifts
15. Pistol squats (single-leg squats)
16. Side lunges
17. Hip abductor machine exercises
18. Hip adductor machine exercises
19. Wall sits
20. Jump squats
21. Curtsy lunges
22. Good mornings
23. Farmer's walks
24. Donkey kicks
25. Fire hydrants
26. Reverse lunges
27. Split squats
28. Kettlebell swings
29. Box squats
30. Barbell hip thrusts
31. Single-leg deadlifts
32. Step-ups with knee drive
33. Sprints or running intervals
34. Bulgarian split squat jumps
35. Resistance band squats
36. Side step-ups
37. Skater hops
38. Lateral band walks
39. Glute kickbacks
40. Cossack squats
41. Barbell front squats
42. Zercher squats
43. Overhead squats
44. Ankle jumps
45. Clamshells
46. Reverse hyperextensions
47. Nordic hamstring curls

- 48. Sled pushes or pulls
- 49. Jumping lunges
- 50. Single-leg hip thrusts