**Legs Day**

Set A

|  |  |  |  |
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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Squats | https://workoutlabs.com/exercise-guide/barbell-squats/ | Glutes, Quadriceps |
| 2 | Barbell Deadlifts | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ | Lower Back |
| 3 | Dumbbell Lunges | https://workoutlabs.com/exercise-guide/dumbbell-lunges/ | Glutes, Quadriceps |
| 4 | Leg Press Machine Calf Raises | https://workoutlabs.com/exercise-guide/leg-press-machine-calf-raises/ | Calves |
| 5 | Leg Press / Machine Squat Press | https://workoutlabs.com/exercise-guide/leg-press/ | Glutes, Quadriceps |

Set B

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Front Barbell Squats | https://workoutlabs.com/exercise-guide/front-barbell-squats/ | Glutes, Quadriceps |
| 2 | Dumbbell Deadlifts | https://workoutlabs.com/exercise-guide/dumbbell-deadlifts/ | Glutes, Lower Back |
| 3 | Seated Machine Calf Raises | https://workoutlabs.com/exercise-guide/seated-calf-raises/ | Calves |
| 4 | Dumbbell Side Lunges / Lateral Lunges | https://workoutlabs.com/exercise-guide/dumbbell-side-lunge/ | Quadriceps |
| 5 | Smith Machine Squats | https://workoutlabs.com/exercise-guide/smith-machine-squats/ | Hamstrings, Quadriceps |

Set C

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Split Squats | https://workoutlabs.com/exercise-guide/barbell-split-squats/ | Calves, Hamstrings, Quadriceps |
| 2 | Romanian Deadlifts | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ | Hamstrings |
| 3 | Standing Barbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-barbell-calf-raises/ | Calves |
| 4 | Dumbbell Walking Lunges | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ | Hamstrings, Quadriceps |
| 5 | Seated Leg Curls | https://workoutlabs.com/exercise-guide/seated-leg-curls/ | Hamstrings |

Set D

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Hack Squats | https://workoutlabs.com/exercise-guide/barbell-hack-squats/ | Quadriceps |
| 2 | Stiff Legged Barbell Deadlifts | https://workoutlabs.com/exercise-guide/stiff-legged-barbell-deadlifts/ | Hamstrings |
| 3 | Standing Dumbbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-dumbbell-calf-raises/ | Calves |
| 4 | Bulgarian Split Squats | https://workoutlabs.com/exercise-guide/bulgarian-split-squats/ | Quadriceps |
| 5 | Seated Machine Leg Extensions | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ | Quadriceps |