**Legs Day**

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Squats | https://workoutlabs.com/exercise-guide/barbell-squats/ |  |
| 2 | Dumbbell Squats | https://workoutlabs.com/exercise-guide/dumbbell-squats/ |  |
| 3 | Front Barbell Squats | https://workoutlabs.com/exercise-guide/front-barbell-squats/ |  |
| 4 | Leg Press / Machine Squat Press | https://workoutlabs.com/exercise-guide/leg-press/ |  |
| 5 | Smith Machine Squats | https://workoutlabs.com/exercise-guide/smith-machine-squats/ |  |
| 6 | Wide Stance / Sumo Barbell Squats | https://workoutlabs.com/exercise-guide/wide-stance-sumo-barbell-squats/ |  |
| 7 | Overhead Dumbbell Squats | https://workoutlabs.com/exercise-guide/overhead-dumbbell-squat/ |  |
| 8 | Barbell Overhead Squats | https://workoutlabs.com/exercise-guide/barbell-overhead-squats/ |  |
| 9 | Barbell Hack Squats | https://workoutlabs.com/exercise-guide/barbell-hack-squats/ |  |
| 10 | Barbell Split Squats | https://workoutlabs.com/exercise-guide/barbell-split-squats/ |  |
| 11 | Bulgarian Split Squats | https://workoutlabs.com/exercise-guide/bulgarian-split-squats/ |  |
| 12 | Dumbbell Squat Thrusters / Squat to Overhead Press | https://workoutlabs.com/exercise-guide/dumbbell-squat-thrusters/ |  |
| 13 | Leg Press Machine Calf Raises | https://workoutlabs.com/exercise-guide/leg-press-machine-calf-raises/ |  |
| 14 | Barbell Lunges | https://workoutlabs.com/exercise-guide/barbell-lunges/ |  |
| 15 | Dumbbell Lunges | https://workoutlabs.com/exercise-guide/dumbbell-lunges/ |  |
| 16 | Dumbbell Side Lunges / Lateral Lunges | https://workoutlabs.com/exercise-guide/dumbbell-side-lunge/ |  |
| 17 | Dumbbell Walking Lunges | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ |  |
| 18 | Lunging / Lunge with Bicep Hammer Curls | https://workoutlabs.com/exercise-guide/lunging-lunge-with-bicep-curls/ |  |
| 19 | Reverse Dumbbell Lunges | https://workoutlabs.com/exercise-guide/reverse-dumbbell-lunges/ |  |
| 20 | Seated Leg Curls | https://workoutlabs.com/exercise-guide/seated-leg-curls/ |  |
| 21 | Seated Machine Leg Extensions | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ |  |
| 22 | Seated Machine Calf Raises | https://workoutlabs.com/exercise-guide/seated-calf-raises/ |  |
| 23 | Standing Barbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-barbell-calf-raises/ |  |
| 24 | Standing Dumbbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-dumbbell-calf-raises/ |  |