**Legs Day**

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| **No** | **Exercise** | **Link** | **Primary** |  |
|  | Barbell Squats | https://workoutlabs.com/exercise-guide/barbell-squats/ | Glutes, Quadriceps | A |
|  | Front Barbell Squats | https://workoutlabs.com/exercise-guide/front-barbell-squats/ | Glutes, Quadriceps | B |
|  | Barbell Split Squats | https://workoutlabs.com/exercise-guide/barbell-split-squats/ | Calves, Hamstrings, Quadriceps | C |
|  | Barbell Hack Squats | https://workoutlabs.com/exercise-guide/barbell-hack-squats/ | Quadriceps | D |
|  |  |  |  |  |
|  | Dumbbell Lunges | https://workoutlabs.com/exercise-guide/dumbbell-lunges/ | Glutes, Quadriceps | A |
|  | Dumbbell Side Lunges / Lateral Lunges | https://workoutlabs.com/exercise-guide/dumbbell-side-lunge/ | Quadriceps | B |
|  | Dumbbell Walking Lunges | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ | Hamstrings, Quadriceps | C |
|  | Bulgarian Split Squats | https://workoutlabs.com/exercise-guide/bulgarian-split-squats/ | Quadriceps | D |
|  |  |  |  |  |
|  | Leg Press / Machine Squat Press | https://workoutlabs.com/exercise-guide/leg-press/ | Glutes, Quadriceps | A |
|  | Smith Machine Squats | https://workoutlabs.com/exercise-guide/smith-machine-squats/ | Hamstrings, Quadriceps | B |
|  | Seated Leg Curls | https://workoutlabs.com/exercise-guide/seated-leg-curls/ | Hamstrings | C |
|  | Seated Machine Leg Extensions | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ | Quadriceps | D |
|  |  |  |  |  |
|  | Barbell Deadlifts | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ | Lower Back | A |
|  | Dumbbell Deadlifts | https://workoutlabs.com/exercise-guide/dumbbell-deadlifts/ | Glutes, Lower Back | B |
|  | Romanian Deadlifts | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ | Hamstrings | C |
|  | Stiff Legged Barbell Deadlifts | https://workoutlabs.com/exercise-guide/stiff-legged-barbell-deadlifts/ | Hamstrings | D |
|  |  |  |  |  |
|  | Leg Press Machine Calf Raises | https://workoutlabs.com/exercise-guide/leg-press-machine-calf-raises/ | Calves | A |
|  | Seated Machine Calf Raises | https://workoutlabs.com/exercise-guide/seated-calf-raises/ | Calves | B |
|  | Standing Barbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-barbell-calf-raises/ | Calves | C |
|  | Standing Dumbbell Calf Raises | https://workoutlabs.com/exercise-guide/standing-dumbbell-calf-raises/ | Calves | D |