

Leg Exercises



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Dumbbell Leg Exercises



Quads

[Dumbbell squats](#)

Hamstring

[Dumbbell deadlifts](#)

Calves

[Dumbbell one leg calf
raises](#)

Barbell Leg Exercises



Quads

[Barbell squat](#)

Hamstrings

[Straight leg deadlifts](#)

Machine Leg Exercises



Quads

[Seated leg press](#)

Hamstrings

[Lying leg curls](#)

Calves

[Seated calf raises](#)

[Seated calf raise on sled](#)