

## LEGS EASY

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/legs-easy/>

Legs Beginner

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### SUMO SQUAT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/sumo-squat/>

### SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/skater-squat/>

### BANDED HALF SQUAT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/banded-half-squat/>

### HAMSTRING LIFT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/hamstring-lift/>

### CLAM SHELL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>