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INSTRUCTIONS

ON DEMAND WORKOUT: OPEN TURNS

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/on-demand-workout-open-turns/>

This workout focuses on the strong supporting leg in your open turns as well as a strong working leg that stays at 90 degrees. Equipment Needed: Loop band, weighted object, elevated surface

Ankles

Back

Core

Glutes

Hamstrings

Lower Body

Quadriceps

Turns