

gdfgdg



# INSTRUCTIONS

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## TURN OUT AND CORE DRILL

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

Abs

Core

Extension

Full Body

Hip Flexors

Kicks

Shoulders

Turn Out



### STEPS:

- Start in a high plank.
- Draw one knee in towards your chest, creating a parallel passe.
- Slowly turn out your passe up toward the ceiling, and return it to parallel.

Repeat 10 times before switching sides.