

gdfgdg



## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: TURNS***

**CATEGORIES:** Full Workout, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/follow-along-workout-turns/>

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

Abs

Ankles

Core

Hip Flexors

Knee Strength

Quadriceps

Turns