

gdfgdg



INSTRUCTIONS

FOLLOW ALONG WORKOUT: TURN CONSISTENCY

CATEGORIES: Balance, Full Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-turn-consistency/>

Full length video for better turns from ankle strength all the way to the back for stronger arms. Equipment: loop band

Ankles

Arms

Back

Hip Flexors

Turns