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## ***INSTRUCTIONS***

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### ***FOLLOW ALONG WORKOUT: CORE, TURN OUT AND TURNS!***

**CATEGORIES:** Balance, Full Workout, Power, Strength

**LEVEL:** Intermediate

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

Full length video for a stronger core, more consistent turns and better turn out. Equipment: Loop Band and Yoga Block

Abs

Core

Glutes

Hip Flexors

Turn Out

Turns