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## **INSTRUCTIONS**

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### **FULL LENGTH WORKOUT: THE BEST TURN WARM UP!**

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

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>

Full body workout to prepare you for the cleanest most consistent turns! Equipment: Yoga Block, Light to Medium Band

Abs

Ankles

Core

Hip Flexors

Lower Body

Turns