

gdfgdg



INSTRUCTIONS

FULL LENGTH WORKOUT: TURN TIMING AND TECHNIQUE

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

LEVEL: Intermediate

Up

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

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

Ankles

Glutes

Hamstrings

Knee Strength

Lower Body

Turns