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INSTRUCTIONS

ON DEMAND WORKOUT: CORE FOR TURNS

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-core-for-turns/>

With special guest Auti Kamal!

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV.

Learn more about Auti Kamal under **"INSTRUCTIONS"**

Instagram: [@autikamal](#) [@tiandmetv](#) [YouTube](#)

Core

Turns



About Auti Kamal:

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV, where she shares dance tutorials, classes, and entertainment. She's been featured in Showstoppers Magazine and was recently YouTube's "Creator on the Rise". You can find her on Instagram [@autikamal](#) and [@tiandmetv](#), as well as on YouTube at [YouTube.com/timetv5678](https://www.youtube.com/timetv5678).