

SECOND TURNS

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/second-turns/>

ON DEMAND WORKOUT: OPEN TURNS

LEVEL: Advanced

CATEGORY: On Demand Workout, Power, Strength

This workout focuses on the strong supporting leg in your open turns as well as a strong working leg that stays at 90 degrees.

Equipment Needed: Loop band, weighted object, elevated surface

<https://dancer-fitness.com/exercise/on-demand-workout-open-turns/>