



PLAN DETAILS

TURN WARM-UP

CATEGORIES: Balance, Warm Up

LEVEL:

EXERCISE COUNT: 6

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1>

BOSU LUNGE TO PASSÉ

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/bosu-lunge-to-passe>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve>

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe>
