

LOWER BODY EXERCISES FOR TURNS

CATEGORIES: Balance, Flexibility, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/lower-body-exercises-for-turns/>

Have you explored other ways to warm up turns besides core work and balancing? Give your lower body a chance to show you how much it can support turns with straight supporting legs, strong hips and glutes.

1. 45 seconds each side, 2 times through
2. 45 seconds each side, 2 times through
3. 12 each side, 3 times through
4. 12 each side, 3 times through
5. 12 each side, 3 times through
6. 12 each side, 3 times through

ankles

Glutes

Hamstrings

Hip Flexors

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

LUNGE TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/lunge-twist/>

BOSU BALL DEADLIFT

LEVEL: Advanced

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/bowler-squat/>