

URNS: UPPER BODY

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

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

Coaches and dancers are looking for ways to improve their turns, but they often miss the upper body as an important component. Use this training plan to keep the upper body and back connected to the core for arms that are sharp and stay lifted throughout the entire turn set.

1. Lunge and Row (8 reps, each side)
2. Tick tock Arms (10 total)
3. Tricep Plank Jack (10 total)

Repeat for 3 rounds, then do:

1. Lunge and Press (10 total)
2. Side Plank Rotation(8, each side)
3. Plank Leg Lift (20 total)

Repeat for 3 rounds!

Abs

arms

back

Core

Full Body

Turns

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

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

TICK TOCK ARMS

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-arms/>

TRICEP PLANK JACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-plank-jack/>

LUNGE AND PRESS

LEVEL: Intermediate

CATEGORY: Strength

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

SIDE PLANK ROTATION

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/side-plank-rotation/>

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-leg-lifts/>