

## SATURDAY TURN TECHNIQUE

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

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

Diamond Team

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## PLANK PIKE SLIDE

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-pike-slide/>

**LEVEL:**

**CATEGORY:** Not Categorized