

SATURDAY TURN TECHNIQUE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/saturday-turn-technique-2/>

Diamond Team

NARROW SPLIT LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Warm Up

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

SQUAT SLIDER

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Warm Up

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

PARTNER LUNGE AND BOAT

LEVEL: Intermediate

CATEGORY: Balance, Partners, Strength

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