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## TURN EXERCISES #1

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/turn-exercises-1/>

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### TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### PIKE SLIDE AND REACH

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

### BANDED HIGH RELEVÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

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

### BOSU LUNGE TO PASSÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Warm Up

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

### PLIÉ ROND DE JAMBE

**LEVEL:** Advanced

**CATEGORY:** Balance, Flexibility, Warm Up

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

### BANDED MOUNTAIN CLIMBER

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/banded-mountain-climber/>