

## WORKING LEG IN À LA SECONDE TURNS

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/working-leg-in-a-la-seconde-turns/>

If your dancers are struggling to keep their working leg at the same level, straight and turned out, this plan will help! Do Twice through:

1. Dead Bug (10, each side)
2. Hip Flexion March (10, each side)
3. Hip Lift Drill (10, each side)
4. Hover Fire Hydrants (10, each side)
5. Passé Side Plank (10, each side)
6. Plie Ron De Jambe (10, each side)

Glutes

Hips

Turns

### DEAD BUG

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/dead-bug/>

### HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

### HIP LIFT DRILL

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/hip-lift-drill/>

### HOVER FIRE HYDRANT

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

**CATEGORY:** Flexibility, Strength, Warm Up

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

## PLIÉ ROND DE JAMBE

**LEVEL:** Advanced

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

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