

TURN TIMING

CATEGORIES: Balance, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/turn-timing/>

To improve turn timing we have to focus on rotation which can easily be thrown off by hopping, lack of spot and weak arms. This training plan works lower legs, hips, core and arms to increase control and improve turn timing. **Once Through** - Cat Cow (10) - Advanced Bird Dog (10 each leg) - Hip Flexion March (12 each leg) - Balance Challenge (two times through) **Next three exercises do twice through** - Lunge Knee Drive (12 each side) - Thigh Tap (20) - Turn Technique Drill (12 each side)

Abs

Core

Hips

Turns

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

THIGH TAP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/thigh-tap/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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