
TURNING EXERCISES

CATEGORIES: Balance

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/turning-exercises/>

WALKING LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>

DEADLIFT FLOOR TAP

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

LEVEL:

CATEGORY: Not Categorized