

URNS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 1

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

Exercises to strengthen turn technique

FOLLOW ALONG WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: Full Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

<https://dancer-fitness.com/exercise/follow-along-workout-turns/>