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## STATIONS FOR TURNS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 22

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

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### REVERSE LUNGE SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/reverse-lunge-squat/>

### LUNGE ONE LEG DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

### HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### STRAIGHT KNEE LIFT

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift/>

### TRICEP PLANK JACK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/tricep-plank-jack/>

### AROUND THE WORLD CORE

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/around-the-world-core/>

### BOSU BALL TOE TAPS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/bosu-ball-toe-taps/>

## DEADLIFT FLOOR TAP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

**LEVEL:**

**CATEGORY:** Not Categorized

## SIDE LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-shoulder-press/>

## MONSTER HIP STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

## SUPER GLUTE LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

**LEVEL:**

**CATEGORY:** Not Categorized

## UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

## LUNGE ONE LEG DEADLIFT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

## WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## **BALANCE CHALLENGE: 1**

**LEVEL:** Beginner

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

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

## **TURN TECHNIQUE DRILL**

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## **AROUND THE WORLD CORE**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/around-the-world-core/>

## **SPIDERMAN PLANK**

**LEVEL:** Advanced

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

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