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## BEG JAZZ TURNS

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 21

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

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### TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

### HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

### HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

### CLAM SHELL

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/clam-shell/>

### ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

### PASSÉ SIDE PLANK

**LEVEL:** Advanced

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

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

## SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## BANDED BACK ROW

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row/>

## PLANK LEG LIFTS

**LEVEL:** Beginner

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

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

## TRICEP PLANK JACK

**LEVEL:** Advanced

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

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

## TRICEP PLANK JACK

**LEVEL:** Advanced

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

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

## BANDED LAT PULL DOWN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

## JUMPING JACK LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/jumping-jack-lunge/>

## UP DOWN HOVER

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

## MONSTER HIP STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## INCH WORM

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/inch-worm/>

## HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

## BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## HIP LIFT DRILL

**LEVEL:** Beginner

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

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/bridge-slide-out/>