
CORE & TURNS

CATEGORIES: Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 6

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

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

BOSU PLANK KNEE TWIST

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/bosu-plank-knee-twist/>

AROUND THE WORLD CORE

LEVEL: Advanced

CATEGORY: Endurance, Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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