

## SKILL FOCUS: TURNS

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

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

Do this plan before you run your turns in practice. Do each exercise for 30 seconds. Repeat two times.

1. Lunge Knee Drive
2. Reverse Lunge
3. Dolphin Push Up
4. Side Plank Leg Lift
5. Calf Raise Arm Circles
6. Squat Reverse Lunge

Abs

ankles

arms

Core

Full Body

Hip Flexors

Turns

### LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

### REVERSE LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

### SIDE PLANK LEG LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

## SQUAT REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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

## SUPERMAN LAT PULLDOWN

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>