
WORKOUT TURNS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 19

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

SQUAT REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Strength

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

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/>

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

SIDE LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength

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

ADVANCED ROTATING PLANK

LEVEL: Intermediate

CATEGORY: Strength

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

WALKING LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

LUNGE KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>