



## ***PLAN DETAILS***

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### ***WEEK 1***

**CATEGORIES:** Full Workout, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/week-1-4/>

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### **TURN OUT AND CORE DRILL**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>