

CONSISTENT TURNS

CATEGORIES: Balance, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

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

Do everything once through on the right side, then repeat on the left from the beginning.

- Dynamic Warm up Series (4 rounds)
- Seated Hip Strength Drill 1 (10)
- Up Down Hover (10)
- Reverse Lunge (10)
- Lunge Kneel Drive (8)
- Turn Technique Drill (8)

Then repeat on the left.

Abs

Core

Glutes

Hamstrings

Turns

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

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/>