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## TURN TECHNIQUE

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 18

**URL:** <https://dancer-fitness.com/plan/turn-technique/>

Pick 2 to 4 of these exercises to do before your turns. Pick half upper body and core, and half lower body

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### 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/>

### ONE LEG V-UP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-v-up/>

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

### ELEVATED HEEL TAPS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

### PINWHEEL PLANK

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

### ADVANCED CURTSY SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

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

## DEADLIFT FLOOR TAP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap/>

## PLANK SHOULDER PRESS

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## BANDED HIGH RELEVÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

## STRAIGHT KNEE LIFT

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift/>

## ADDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/adductor-lift/>

## LOWER AB LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

## BANDED LAT PULL DOWN

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

## BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## NARROW SQUAT PULSE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/narrow-squat-pulse/>

## TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

## ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>