



PLAN DETAILS

P

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 4

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Warm Up

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

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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