

TURN CONSISTENCY AND TIMING

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/turn-consistency-and-timing/>

This workout is focused on anti rotation exercises for dancers to lean to the side or back when turning. Strengthening their trunk and improving their ability to stack their bodies and rotate in one piece. 40 seconds of each, two times through.

- Bird Dog
- Banded Hover Row
- Side Plank Combo
- Up Down Hover
- Dead Bug
- Hover Extend

Full Body

Turns

Upper Body

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

COMBO – SIDE PLANK COMBO

LEVEL: Advanced

CATEGORY: Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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