

## GG SUMMER

**CATEGORIES:** Balance, Endurance, Flexibility, Partners, Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/gg-summer/>

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## FOLLOW ALONG WORKOUT: TURN CONSISTENCY

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Strength

Full length video for better turns from ankle strength all the way to the back for stronger arms. Equipment: loop band

<https://dancer-fitness.com/exercise/follow-along-workout-turn-consistency/>

## PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-pistol-squat/>