



## ***PLAN DETAILS***

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### ***TURNS***

**CATEGORIES:** Balance, Flexibility, Power    **LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/turns-15/>

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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/>

#### **FOLLOW ALONG WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!**

**LEVEL:** Beginner

**CATEGORY:** Balance, Full Workout

Full length video for ankle and foot strength for a higher relevé and better balance. This workout isn't very intense, so please use as a warm up for turns for any level of dancer. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve-and-better-balance-stop-dropping-heels/>

#### **HOVER PLANK KICK BACK**

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

#### **KNEE DRIVE**

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

#### **CLOCK BALANCE CHALLENGE**

**LEVEL:** Beginner

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

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