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## **URNS AND RELEVÉ**

**CATEGORIES:** Balance**LEVEL:** Intermediate**EXERCISE COUNT:** 5**URL:** <https://dancer-fitness.com/plan/turns-and-releve/>

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### **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/>

### **FOLLOW ALONG WORKOUT: GLUTE STRENGTH**

**LEVEL:** Intermediate**CATEGORY:** Full Workout, Strength

Full length video for glute strength. Have your dancers use this as a warm up or pick it apart for pre turning and pre jumping exercises. Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

### **BANDED JUMPING JACK**

**LEVEL:** Intermediate**CATEGORY:** Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>

### **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/>

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### **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

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