



PLAN DETAILS

TURNS

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/turns-17/>

To improve balance and turn strength

FOLLOW ALONG WORKOUT: SUPPORTING LEG STRENGTH

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Strength

Full length video for stronger, straighter supporting legs and better balance. Equipment: Loop Band and Yoga Block

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