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## **URNS**

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/turns-12/>

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### **ON DEMAND WORKOUT: SUPPORTING LEG STRENGTH**

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand 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/>

### **ON DEMAND WORKOUT: TURN CONSISTENCY**

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand 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/>

### **ON DEMAND WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!**

**LEVEL:** Beginner

**CATEGORY:** Balance, On Demand 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/>

### **ON DEMAND WORKOUT: TURN CONSISTENCY**

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand 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/>