



## ***PLAN DETAILS***

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### ***TURN OUT***

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/turn-out-2/>

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### **BANDED TURN OUT DRILL**

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>