

TURNOUT

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

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

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

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

ADVANCED CLAM SHELL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-clam-shell/>