
TURNOUT

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 11

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

Campbell, Kaitlin, Mckelvie

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

TICK TOCK HIPS

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>

PIKE SLIDE AND REACH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/pike-slide-and-reach/>

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/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

PLANK JACK DIP

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-jack-dip/>

JUMPING JACK STEP OUT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength, Warm Up

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

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-plank-leg-extension/>