



PLAN DETAILS

TURNS EXERCISES

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

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

FOLLOW ALONG WORKOUT: CORE, TURN OUT AND TURNS!

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Power, Strength

Full length video for a stronger core, more consistent turns and better turn out. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-core-turn-out-and-turns/>

FOLLOW ALONG WORKOUT: STRONGER, MORE CONTROLLED SKILLS

LEVEL: Intermediate

CATEGORY: Full Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

SINGLE ARM BANDED ROW

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/single-arm-banded-row/>

FOLLOW ALONG WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>

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/>

FOLLOW ALONG WORKOUT: TURN CONSISTENCY

LEVEL: Intermediate

CATEGORY: Balance, Full 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/>