

## URNS

**CATEGORIES:** Balance, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/turns-18/>

Better turns

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## 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/>