

URNS

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/turns-20/>

Turns

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

COMBO – SIDE PLANK COMBO

LEVEL: Advanced

CATEGORY: Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

CRISS CROSS SQUAT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>