

## SPINNY SPINS

**CATEGORIES:** Endurance, Power

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/spinny-spins/>

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## FULL LENGTH WORKOUT: THE BEST TURN WARM UP!

**LEVEL:** Beginner

**CATEGORY:** Balance, Full Workout, Strength, Warm Up

Full body workout to prepare you for the cleanest most consistent turns!

Equipment: Yoga Block, Light to Medium Band

<https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>