

## URNS

**CATEGORIES:** Balance

**LEVEL:** Advanced

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/turns-22/>

---

## SIDE PLANK LEG LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## DEAD BUG

**LEVEL:** Beginner

**CATEGORY:** Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

## BANDED PLANK AND REACH

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>