

## IMPROVE TURN TECHNIQUE

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/improve-turn-technique/>

Use this plan to improve posture, upper body placement and lower body placement for turns. Perform these exercises twice through, doing 20 repetitions of each before turning:

- Banded Hover Row
- Scissor Slice Abs
- Knee Drive
- Mountain Climber Knee Tuck
- Bowler Squat
- Shoulder Fly

ankles

back

Glutes

Turns

Upper Body

### BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

### SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

### KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

### MOUNTAIN CLIMBER KNEE TUCK

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>

## **BOWLER SQUAT**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/bowler-squat/>

## **SHOULDER FLY**

**LEVEL:** Intermediate

**CATEGORY:** Warm Up

<https://dancer-fitness.com/exercise/shoulder-fly/>