

## **URNS**

**CATEGORIES:** Not Categorized

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/turns-23/>

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### **FULL LENGTH WORKOUT: TURN TIMING AND TECHNIQUE**

**LEVEL:** Intermediate

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

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-turn-timing-and-technique/>