

## TURN OUT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/turn-out-3/>

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## BANDED TURN OUT DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>