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## URNS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/turns-25/>

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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/>

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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/>

### BUTTERFLY SQUAT

**LEVEL:** Beginner

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

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