
WEEK 3**CATEGORIES:** Not Categorized**LEVEL:** Intermediate**EXERCISE COUNT:** 3**URL:** <https://dancer-fitness.com/plan/week-3-3/>

FOLLOW ALONG WORKOUT: HIP FLEXIBILITY**LEVEL:** Intermediate**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

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/>

FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL OF SKILLS**LEVEL:** Intermediate**CATEGORY:** Full Workout

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control-of-skills/>