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## URNS & LEAPS

**CATEGORIES:** Balance

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

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

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### PLANK SLIDE AND CROSS

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/plank-slide-and-cross/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

### ADVANCED REVERSE CRUNCH

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

### ADVANCED REVERSE CRUNCH

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

### COMBO – UPPER AND CORE

**LEVEL:** Intermediate

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

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

**Featured Exercises:** [Renegade Row](#), [Plank Around the World](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core/>

### ONE LEG V-UP

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-v-up/>

## LATERAL BEAR WALK

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/lateral-bear-walk/>