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## URNS

**CATEGORIES:** On Demand Workout,  
Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/turns-30/>

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### ON DEMAND WORKOUT: ENDURANCE POWER AND CONTROL

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength

Follow along workout to improve endurance, power and control by combining HIIT training , upper body exercises and compound movements.

Equipment needed: Medium to light loop band

<https://dancer-fitness.com/exercise/full-length-workout-endurance-power-and-control/>

### ON DEMAND WORKOUT: TURN TIMING AND TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand 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/>