

PLACEMENT JAZZ TURNS

CATEGORIES: Balance

LEVEL: Advanced

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/placement-jazz-turns/>

BALANCE CHALLENGE 3

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-3/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

ADVANCED SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Strength

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