
TURN OUT

CATEGORIES: Flexibility, On Demand Workout

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/turn-out-4/>

ON DEMAND WORKOUT: GET YOUR SPLITS!

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Warm Up

Try these exercises to improve hip mobility and hamstring flexibility to finally get your splits! Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-get-your-splits/>

ON DEMAND WORKOUT: CORE, TURN OUT AND TURNS!

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength

Full length video for a stronger core, more consistent turns and better turn out. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-core-turn-out-and-turns/>

ON DEMAND WORKOUT: HIP AND CORE STRENGTH

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

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

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>