
URNS

CATEGORIES: Balance, Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/turns-38/>

REVERSE LUNGE AND PRESS

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/reverse-lunge-and-press/>

SINGLE LEG DEADLIFT DIRECTION CHANGE CHALLENGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>

ON DEMAND WORKOUT: TURN CONSISTENCY

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for better turns from ankle strength all the way to the back for stronger arms. Equipment: loop band

<https://dancer-fitness.com/exercise/follow-along-workout-turn-consistency/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>