
TURNS

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 11

URL: <https://dancer-fitness.com/plan/turns-39/>

ON DEMAND WORKOUT: CORE FOR TURNS

LEVEL: Intermediate

CATEGORY: Strength

With special guest Auti Kamal!

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV.

Learn more about Auti Kamal under **"INSTRUCTIONS"**

Instagram: [@autikamal](#) [@tiandmetv](#) [YouTube](#)

<https://dancer-fitness.com/exercise/full-length-workout-core-for-turns/>

ON DEMAND WORKOUT: BALANCING OUT YOUR WEAK SIDE

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

For dancers who want to turn, jump and execute their skills well on BOTH sides of the body.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-balancing-out-your-weak-side/>

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/>

ON DEMAND WORKOUT: THE BEST TURN WARM UP!

LEVEL: Beginner

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

Full body workout to prepare you for the cleanest most consistent turns!

Equipment: Yoga Block, Light to Medium Band

<https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>

BALANCE CHALLENGE 3

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

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

ON DEMAND WORKOUT: CORE ENGAGEMENT

LEVEL: Intermediate

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

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>

ON DEMAND WORKOUT: STRONGER, MORE CONTROLLED SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

SEATED HIP STRENGTH DRILL 2

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

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/>

ON DEMAND WORKOUT: SUPPORTING LEG STRENGTH

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for stronger, straighter supporting legs and better balance. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-supporting-leg-strength/>

ON DEMAND WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

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