

## LEXI: TUESDAY

**CATEGORIES:** Endurance

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/lexi-tuesday/>

Turns

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### 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/>

### FOLLOW ALONG WORKOUT: LOWER Plié AND LEG POWER

**LEVEL:** Intermediate

**CATEGORY:** Power

Today's training plan This workout is amazing for hip hop dancers who need to get lower and any dancer who needs to use their plié more. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-lower-plier-and-leg-power/>

### BALANCE CHALLENGE 3

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

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