
URNS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/turns-40/>

GOBLET SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

BANDED BACK AND SHOULDER DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-back-and-shoulder-drill/>

KNEE TUCK UP DOWN PLANK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/knee-tuck-up-down-plank/>

COMBO – SQUAT ENDURANCE

LEVEL: Beginner

CATEGORY: Endurance, Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

<https://dancer-fitness.com/exercise/combo-squat-endurance/>

COMBO – BALANCE AND ANKLES

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Lunge Knee Drive](#), [Knee Drive](#), [Bowler Squat](#)

<https://dancer-fitness.com/exercise/combo-squat-lunge-2/>

BANDED BACK AND SHOULDER DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-back-and-shoulder-drill/>

ON DEMAND WORKOUT: BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>