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## URNS

**CATEGORIES:** Balance, Endurance, Flexibility, On Demand Workout, Power, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/turns-43/>

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### 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/>

### REVERSE LUNGE AND PRESS

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

### HEEL TAP CORE WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/heel-tap-core-warm-up/>

### ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

**LEVEL:** Intermediate

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

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

### RELEVÉ BALL SQUEEZE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/releve-ball-squeeze/>

## 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/>

## BANDED BACK AND SHOULDER DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## DOLPHIN PUSH UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

## SCISSOR SLICE ABS

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

## SHOULDER FLY

**LEVEL:** Intermediate

**CATEGORY:** Warm Up

<https://dancer-fitness.com/exercise/shoulder-fly/>