
URNS

CATEGORIES: On Demand Workout

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/turns-46/>

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: 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/>