
SARA'S TURN PLAN

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/saras-turn-plan/>

Turn plan

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: 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/>

KETTLEBELL PASSÉ EXTEND

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/kettlebell-passe-extend/>

KETTLEBELL PASSÉ EXTEND

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/kettlebell-passe-extend/>

ON DEMAND: EXERCISES FOR SPOTTING

LEVEL: Intermediate

CATEGORY: Balance, Strength

Working on spotting? Strengthen the muscles to keep your shoulders down and to help you rotate in one piece with today's workout.

Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/on-demand-exercises-for-spotting/>

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/>

ON DEMAND WORKOUT: CORE, TURN OUT AND TURNS!

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength

Full length video for a stronger core, more consistent turns and better turn out. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-core-turn-out-and-turns/>

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/>

ON DEMAND: EXERCISES FOR SPOTTING

LEVEL: Intermediate

CATEGORY: Balance, Strength

Working on spotting? Strengthen the muscles to keep your shoulders down and to help you rotate in one piece with today's workout.

Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/on-demand-exercises-for-spotting/>