**Stellar Academy Timetable – Thursday 11th June**

*(Now some of you have gone back to school we have altered the plan so it can be done in the evening. It can still be broken up and done throughout the day)*

**16.30-16.40\* =** [**https://youtu.be/ujRpDwz6UzU**](https://youtu.be/ujRpDwz6UzU) **Cardio.** Each exercise for 1 min with 20s rest, 2x through

**16.40-16.50\* =** [**https://youtu.be/5sv0fb1c0VM**](https://youtu.be/5sv0fb1c0VM) **Stretch**

**16.50-17.00\* = Basics/Lines.** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3.

**17.00-17.20\* = Bars from Week 1 (Improving cast shapes)**

**17.20-17.40\* = Floor from Week 1 (Handstands)**

**17.40-18.00\* = Vault from Week 2 (Drilling safe landings)**

**18.00-18.20\* = Beam from Week 1 (Handstands)**

**18.20-18.45\* = NEW SQUAD CONDITIONING and FLEXIBILITY on here…** <http://www.stellargymnastics.co.uk/stellar-home-school-academy.html>