**Stellar Academy Timetable – Wednesday 13th May**

**9.00-9.15\* = Make your own circuit training!**

**Pick 5 cardio exercises (eg running, jumping jacks) to do for 45seconds with a 15sec rest in between**

**Pick 4 strength exercises (e.g. crunches, squats) to do for 45seconds with a 15sec rest in between**

**9.15-9.30\* =** [**https://youtu.be/bdqvx0jqGRM**](https://youtu.be/bdqvx0jqGRM) **Stretch**

**9.30-9.50\* = Bars from Week 4 (Gliding part of a float upstart)**

**9.50-10.10\* = Beam from Week 6 (Spins)**

**10.10-11.00\* = Lesson 1**

**11.00-11.15\* = BREAK TIME**

**11.15-12.05\* = Lesson 2**

**12.05-12.35\* = Lesson 3 Creativity**

**12.35-13.05\* = LUNCH BREAK (Help make food AND wash up!)**

**13.05-13.35\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.35-14.25\* = Lesson 5**

**14.25-15.15\* = Lesson 6**

**15.15-15.35\* = Vault from Week 6 (Consistency- try and beat your scores from last time!)**

**15.35-15.45\* =** [**https://youtu.be/r3oFsFs1-Fk?t=60**](https://youtu.be/r3oFsFs1-Fk?t=60) **Stretch**

**15.45-15.55\* =** [**https://youtu.be/Zy8tK3xl1AY**](https://youtu.be/Zy8tK3xl1AY) **Beam Complex watch and copy with Gymnast Sophie**

**15.55-16.15\* = CHALLENGE: Stretch Routine to Music!**

**16.15-16.30\* = May Squad Conditioning Wednesday Arms/General.**