**Stellar Academy Timetable – Wednesday 16th 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)*

**16.30-16.45\* = 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**

**16.45-17.00\* =** [**https://youtu.be/bdqvx0jqGRM**](https://youtu.be/bdqvx0jqGRM) **Stretch**

**17.00-17.25\* = Floor from Week 13 (Leaping 2)**

**17.25-17.45\* = Vault from Week 3 (Fast feet)**

**17.45-18.05\* = Bars from Week 9 (Linking upstarts)**

**18.05-18.25\* = Beam from Week 9 (Polishing beam1)**

**18.25-18.35\* = Wednesday Squad Conditioning**

**18.35-18.45\* =** [**https://youtu.be/CqVqXG-mqZ4**](https://youtu.be/CqVqXG-mqZ4) **Ballet Hiit**