**Stellar Self Isolation Day 1**

[**https://youtu.be/kAXg3cM0UCw**](https://youtu.be/kAXg3cM0UCw) **Cardio Warm Up**

[**https://youtu.be/-YQYCkGjBbI**](https://youtu.be/-YQYCkGjBbI) **Quick Stretch Out**

**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.

**Beam from Week 1 (Handstands)**

**Bars from Week 2 (Swing Shapes)**

[**https://youtu.be/saW\_neZ\_Lds**](https://youtu.be/saW_neZ_Lds) **Ballet. Break down into bits and copy.**

[**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility.**

**Vault from Week 1 (Arm Circle and Jump)**

**Floor from Week 2 (Cartwheels and Round Offs)**

**Today’s Conditioning (Repeat 2x)**

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| **CONDITIONING** |
| 8x Legs up, top half crunches | 8x Crunches | 8x bottom half crunches  | 20x Butt ups | 8x Top Half Crunches |
| 8x V sits  | 10x Side plank dips each side  | 8x Top half arch lifts | 8x Bottom half arch lifts  | 8x Arch Rocks |
| 10x Open tuck rock  | 8x Dish rock | 20s Plank  | 20s Rear support on elbows | 4x Caterpillar  |