**Stellar Self Isolation Day 2**

<https://youtu.be/0_2gU2E0HOQ> **Cardio Warm Up**

[**https://youtu.be/5sv0fb1c0VM**](https://youtu.be/5sv0fb1c0VM) **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** [**https://youtu.be/OUmds-RdtzQ**](https://youtu.be/OUmds-RdtzQ) **Break into parts and learn**

**Floor from Week 1 (Handstands)** [**https://youtu.be/kYX7Xg4Wztw**](https://youtu.be/kYX7Xg4Wztw)

<https://youtu.be/lmOVQNzIfks>  **PR/Stretch/Conditioning**

**Bars From Week 1 (Cast shapes)**

**Vault from Week 2 (Safe Landings)**

[**https://youtu.be/m3GKHaHYmc0**](https://youtu.be/m3GKHaHYmc0) **Ballet.**

**Conditioning 2x through**

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| --- | --- | --- | --- | --- |
| 10x Wide arm press ups  | 12x Planche drags | 15x Triceps Dips (hands on raised surface)  | 40x Lift to Tip Toes | 30x Mountain Climbers |
| 8x Elbows In Press Ups | 8x Straddle up in headstand | 8x Tuck bunnies | 15x Squat jumps | 30x Rebounds  |