**Stellar Self Isolation Day 3**

**Skipping rope or bouncing. 60 jumps -> 20s rest -> 45 jumps -> 15s rest -> 30 jumps**

<https://youtu.be/xQk08J8e-RM> **Stretch**

[**https://www.youtube.com/playlist?list=PLOsDC1TFfOVuTVFhU1y0a5-NfOTXuftdY**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVuTVFhU1y0a5-NfOTXuftdY) **Floor**

**Beam from Week 2 (Cartwheels)**

<https://youtu.be/kGsMeQZujXg> **V. quick Stretch out. 30s overstretch splits on all legs after.**

**Vault from Week 3 (Fast Legs/Feet).** [**https://youtu.be/jtHKjqb13L8**](https://youtu.be/jtHKjqb13L8) **Try adding in these too!**

**Floor from Week 3 (Split Leaps/Change Legs)**

**Conditioning** [**https://youtu.be/jPZCeBoXOSQ**](https://youtu.be/jPZCeBoXOSQ) **->** [**https://youtu.be/jVzVfLNIVCk**](https://youtu.be/jVzVfLNIVCk) **->** [**https://youtu.be/RSq6zuAEIzs**](https://youtu.be/RSq6zuAEIzs)

**Cool down** [**https://youtu.be/8GL73mrsvJ8**](https://youtu.be/8GL73mrsvJ8)