**Stellar Self Isolation Day 4**

<https://youtu.be/JfbGiXFRmls> **Cardio, stretch and conditioning**

**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.

**Bars from Week 3 (Clear Hip Preps)**

**Floor from Week 4 (BWOs and Flics)**

<https://youtu.be/ElEfrRh3Fj0> **Stretch out**

**Beam from Week 3 (Leaping)**

**Vault from Week 4 (Handspring entry)**

Conditioning 3x through

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| 8x Pike sit single leg lifts, each leg | 14x Squats | 10x All fours leg lifts, each leg | 10x One leg Lift to tiptoes each legs | 5x Split jumps on each leg. |
| 20x Ballet leg lifts, each leg | 20x knee swaps with jump | 10x “weeing”dogs, each leg | 15x lateral hops, each leg | 5x burpee with back walk over/flic/back tuck |