**Stellar Self Isolation Day 5**

**ONLY FIVE DAYS TO GO**

<https://youtu.be/1gW2orni9ms> **Cardio/Conditioning Warm Up**

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

**Bars from Week 4 (Float Upstart)**

**Beam from Week 4 (Jumping)**

[**https://youtu.be/3WBdhlZC\_bo**](https://youtu.be/3WBdhlZC_bo) **Bleep Test (this is for 15m but adapt as you need)**

[**https://youtu.be/NkCyI5mT4cs**](https://youtu.be/NkCyI5mT4cs) **Quick Stretch out. 30s overstretch on each leg after.**

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

<https://www.facebook.com/prawut.stit/videos/976191059158184/> **Beam.** Do each movement for at least two counts of eight on each leg.

Conditioning 3x through

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| --- | --- | --- | --- | --- |
| Butt ups x40 | Squat thrusts x20 | Plank Hold 15s | Russian twists x40 | Jumping caterpillar x4 |
| Top half arch lifts x20 | Bottom half arch lifts x20 | Straight legged sit up x15 | Side plank 30s each side | Star open front support 20s |