**Stellar Self Isolation Day 6**

1) Spotty dogs 2) Mountain Climbers 3) Step Ups 4) Bear Walking 5) Skipping 6) Squat Thrusts 7) Can Can kicks. Each station for 45 seconds with 15 seconds rest in between.

[**https://youtu.be/tcm04Lu6Om0**](https://youtu.be/tcm04Lu6Om0) **Stretch Out**

**Vault from Week 5 (Agility)**

**Bars from Week 5 (Second phase of the upstart)**

**Floor From Week 5 (Spin Technique and learning an Illusion turn)**

**Beam** [**https://youtu.be/3IY85N9I87c**](https://youtu.be/3IY85N9I87c)

**Conditioning 2x through**

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| --- | --- | --- | --- | --- |
| Walk fwd in crab 20s  | Weighted shoulder shrugs x15 | Walk bwd in crab 20s  | 15 burpees | 40 rebound jumps |
| 8x Press Ups | 8x Straddle bunnies | 15x crunches  | Pike up in headstand x8 | 20 arch rocks  |