**Stellar Self Isolation Day 7**

[**https://youtu.be/XqkaazHKQ5Q**](https://youtu.be/XqkaazHKQ5Q) **Cardio Warm Up**

[**https://youtu.be/ml0zcYT\_3Kk**](https://youtu.be/ml0zcYT_3Kk) **Grab your foam rollers/ball (ignore the tuck backs)**

[**https://youtu.be/D7zLhyU6Brw**](https://youtu.be/D7zLhyU6Brw) **Floor from (Leaps)**

[**https://youtu.be/lmOVQNzIfks**](https://youtu.be/lmOVQNzIfks)  **PR/Stretch/Conditioning**

**Vault** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVup3ZNjZ08-rAg3s8C-oPQC**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVup3ZNjZ08-rAg3s8C-oPQC)

**Bars** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVti6LHn4QXyYUlZArDAzqG8**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVti6LHn4QXyYUlZArDAzqG8)

**Conditioning**

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| **Espoir** |
| 1. [**https://youtu.be/Z\_bv\_gq\_v\_s**](https://youtu.be/Z_bv_gq_v_s)
2. [**https://youtu.be/Ni1wNEdGtos**](https://youtu.be/Ni1wNEdGtos)
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