**Stellar Self Isolation Day 9**

**5min jog, skipping rope or bouncing on the trampoline**.

<https://youtu.be/e88EevoITiM> **Adapt to do it in a smaller space. Pick one girl to copy is easiest.**

**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/Floor** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVuG-zCGCxq4BPkcdfbTnslt**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVuG-zCGCxq4BPkcdfbTnslt)

**Vault from Week 6 (Consistency)**

**Floor from Week 6 (Handsprings)**

**Beam** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVumjMvXtieYA8nPofqJJ1dF**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVumjMvXtieYA8nPofqJJ1dF)

**Conditioning 2x through**

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| --- | --- | --- | --- | --- |
| 16x demi squat jumps | 20x Ballet leg lifts, each leg | 10x burpee with tuck jump | 10x lift to tip toes in sumo squat | 10x reverse lunge to high kick x12 each leg  |
| 15x full squat jumps  | 15x “weeing”dogs, each leg | 20x later hop each leg  | 10x standing long jump | 5x rock to shoulder stand back walk over/flic/back tuck |