60 Second Challenge

Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds? Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive

Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs

Achieve Bronze



Believing in

every child's <u>future</u>





