60 Second Challenge
Tuck In Tuck Out

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
5 tuck in tuck outs

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