

60 Second Challenge

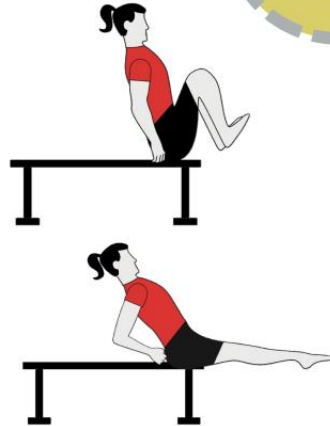
Tuck In Tuck Out

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



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.