

Tuck Jumps



Challenge:

- ✓ Perform 10 tuck jumps as quickly as you can.
- ✓ Can you keep the same height for all 10 jumps?

How to Play:

- ✓ Stand tall with your feet slightly apart.
- ✓ Jump as high as you can, bringing your knees as close to your chest as possible.
- ✓ Land on the balls of your feet with your knees slightly bent, then immediately jump again.