



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



You must bring your legs up to your chest and then fully extend them out again!

Use a bench or a stool.
Make sure that the object you are using is fixed to the floor or stable to be safe.

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

Synchronised tuck in tuck outs!
With a partner, can you perform this challenge in time with each other?



Achieve Gold
40 tuck in,
tuck outs 

Achieve Silver
30 tuck in,
tuck outs 

Achieve Bronze
15 tuck in,
tuck outs 

Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.