

60 SECOND CHALLENGE

TUCK IN TUCK OUT

The Challenge

How many times can you tuck your legs up into 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, step, or chair.

If you don't have any, why not have a go from the side of the bed or even from the floor?

GOLD

20 Tuck in tuck outs

SILVER

14 Tuck in tuck outs

BRONZE

6 Tuck in tuck outs

Why not challenge
your family?



#Woodside #Lockdownchallenge