



The Manor
Preparatory School



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.

Who can hold the plank position longest in your family?