

# 60 Second Challenge

## Tuck In Tuck Out

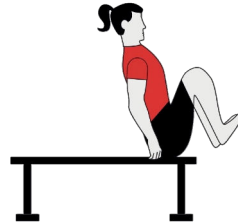
Do you keep trying even when you want to give up?

### 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.

**#StayHomeStayActive**



### 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.

#### Achieve Gold

15 tuck in tuck outs



#### Achieve Silver

10 tuck in tuck outs



#### Achieve Bronze

5 tuck in tuck outs

