

MATERIALS

Before you start, make sure you have:

- Stopwatch

[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Start each rep in a full standing position.
2. Participant must drop and touch their chest and hips to the ground.
3. Participant then returns back to a full standing position to jump and clap both hands together over their head.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

