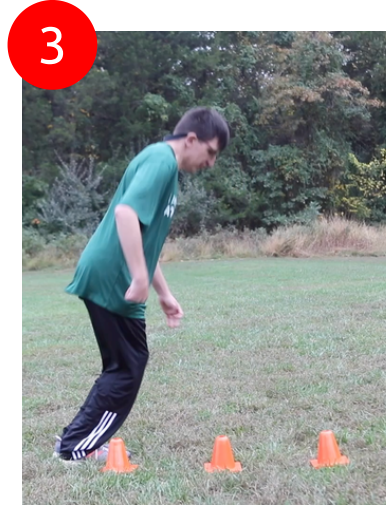
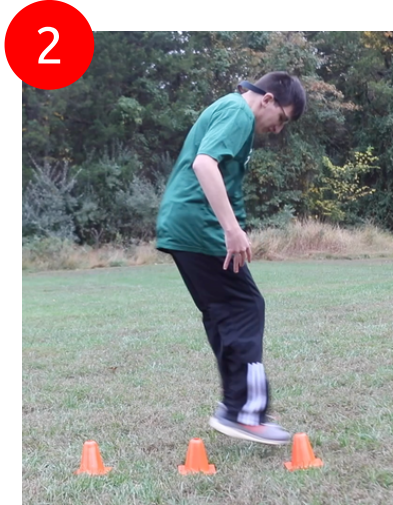


## MATERIALS

Before you start, make sure you have:

- Three cones
- Stopwatch

[WATCH THE VIDEO HERE](#)



## PROCEDURE AND SCORING

**PREPARATION:** place three lines or three cones on the ground one foot (or 30 cm) apart. Adaptations can be made to reduce this distance if needed.

### EXERCISE:

1. Participant starts on cone #2 and jumps with two feet to cone #3.
2. Participant then jumps back to cone #2.
3. Once participant is back to cone #2, they immediately jump to cone #1.
4. Once they have jumped to cone #1, they jump back to cone #2.
5. Participant repeats this process for 30 seconds.

**SCORING:** Participant is scored by the number of completed cycles (2-3-1-2) in 30 seconds. One point is awarded for each completed cycle.