

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE
VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

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.