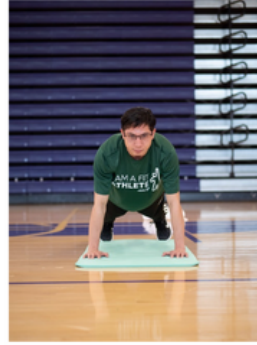


MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and knees.
2. Participant straightens one leg at a time and put the balls of their feet on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an "A" body shape while completing this exercise.
2. **Stop the stopwatch** when correct form cannot be maintained for 5 seconds or longer.
That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, trunk or knees.

SCORING: Total time until participant breaks form is recorded.