



**THURSDAY**

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**TUCK JUMPS**

**HOW MANY CAN YOU COMPLETE A  
TUCK JUMP IN 30 SECONDS**

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**Suitable footwear & clothing**

**Safe & clear space**

**Bend your knees, and swing your arms back**

**Extend and explode up swinging your arms forward and up  
whilst in flight, bring your knees up towards the body  
extend legs back before landing, bending knees on impact**

**Progressions: Try touch your knees with your hands when in flight**

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