



How many shin touches can you complete in 1 minute?

Equipment Needed:

- Timer

Rules:

- Lay on your back on the floor.
- Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.
- Lift your arms slowly to touch your shins by bringing your head neck and upper back off the ground as you reach.
- Slowly lower back to the starting position, avoiding slamming your back into the ground
- Repeat for one minute.



Modifications:

- Sitting in a chair:
- Sit up tall with your spine straight and against the back of your chair, and your arms above your head.
- Place your feet straight out in front of you shoulder width apart, with your toes up.
- Bring your arms, shoulders, and head toward your shins.
- Straighten your spine and come back to the starting position.