



How many elbow to knee can you complete in 1 minute?



Equipment Needed:

- Timer
- Weights

Rules:

- Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.
- Step 2: Raise your right leg up to a 90-degree angle and bring your left elbow to your right knee.
- Step 3: go back to neutral position, step 1.
- Step 4: Raise your left leg up to a 90-degree angle and bring your right elbow to your left knee.
- Step 5: go back to neutral position, step 1.
- Continue alternating side to side for entire duration of exercise.

Modifications:

- This exercise can be done seated in a chair.
- Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.
- Step 2: Raise your right leg up as high as you can and bring your left elbow to your right knee.
- Step 3: go back to neutral position, step 1.
- Step 4: Raise your left leg up as high as you can and bring your right elbow to your right knee.
- Step 5: go back to neutral position, step 1.
- Continue alternating side to side for entire duration of exercise.

