

3 HOP

(Lower Body Power)

1. Stand with your feet slightly wider than shoulder width apart behind the line marked 'start'.
2. When ready, perform 3 consecutive double-leg jumps as far as possible without stopping. A double leg jump begins and ends on two feet.
3. You are able to use your arms to help with balance and forward movement.
4. You are NOT permitted to step or stop after each jump. If this occurs, you must start over.
5. Perform the exercise three times.
6. Record your best result in meters.

