

FLAMINGO STANCE

(Balance)

1. Remove your shoes and stand on the line marked on the gym floor.
2. Balance on one leg and place your hand on your partner's shoulder for support.
3. Bend your other knee (of the non supporting leg) and hold the foot of this leg close to your buttocks.
4. Your partner will start the stop watch when you take your hand off of their shoulder.
5. Your partner will stop the watch and your trial will be over if you swivel or move your supporting foot, or let go of your back foot.
6. Record the total time in seconds to a maximum of 120 seconds.

