

HURDLE JUMP

(Lower Body Muscular Endurance & Agility)

1. Stand with both feet flat on the ground beside the hurdle.
2. Your partner will start the test by saying 'go'.
3. You need to jump off of both feet and land on both feet on the other side.
4. Continue jumping back and forth for 30 seconds, counting the total number of jumps successfully completed.
5. A jump is considered NOT successful if you jump off of or land on one foot, contact the hurdle, or stumble upon landing.
6. Record the total number of successful jumps.

