

# STANDING LONG JUMP

## (Lower Body Power)

1. Stand behind the line marked on the ground with your feet slightly wider than shoulder width apart.
2. You must take off and land on two feet.
3. Swing your arms and bend your knees to provide forward drive.
4. Attempt to jump as far as possible, landing on both feet without falling backwards.
5. Perform the exercise three times
6. Record your best result in centimeters.

