

# TARGET THURSDAY

# Bottle Flip



Foundation

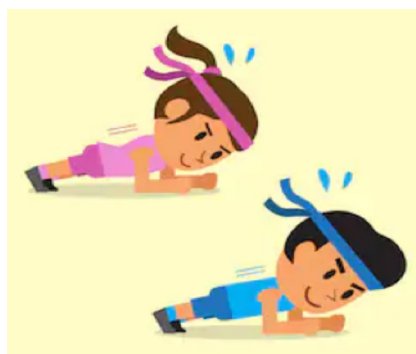
## Bottle Flip Exercise Challenge

How many successful bottle flips can you get while in a plank position?

Add some water to a plastic bottle until it's a quarter full. Hold the cap with your thumb, pointer finger, and middle finger. Bend your wrist down, ready to flick it back up to flip the bottle. Then simply flick your wrist upward and let go of the bottle.



For your challenge, start in the position shown in the illustration below.



Rest your forearms flat on the ground, then squeeze your stomach muscles and hold. (For an easier version of this exercise, start from your knees.) Make sure your back stays flat.

Hold the plank position but keep just one arm on the ground, then use your free hand to flip the bottle so that it lands upright .

Have three tries at each task to see if you can improve your score. Remember to have a rest in between tries!

**Task one:** How many successful bottle flips in 30 seconds?

**Task Two:** How many successful bottle flips in 60 seconds?

**Task three:** How many successful bottle flips in 90 seconds?

	Attempt 1	Attempt 2	Attempt 3
Task one (30 secs)			
Task two (60 secs)			
Task three (90 secs)			

LET THEM PLAY