

## Making Shapes Challenge

How many shapes can you make?!

**STRAIGHT**



Reach up tall with a straight back. Arms up above your head and legs straight with feet together fingers and toes pointed. Hold for 20 seconds.

Make sure to record your best attempt and share your pics and videos with @knowsleyspp on Twitter and Instagram!

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### STRADDLE



Sit with a straight back with arms out to the side. Stretch legs out straight in a wide position and point your toes. Hold for 20 seconds.

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### PIKE



Sit with a straight back and legs out straight in front keeping feet together. Arms either stretched upwards or out vertically in front. Hold for 20 seconds.

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**TUCK**



Sit with a round back, tucking knees into your chest keeping your feet on the floor. Hold for 20 seconds.

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### DISH



Lie down on your back in the straight shape. Lift legs and arms and head off the floor. Balance on your back and bottom. Hold for 20 seconds.

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How many shapes can you make?!

### ARCH



Lie down on your front in the straight shape. Lift legs and arms and head off the floor to balance on your tummy. Hold for 20 seconds.

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