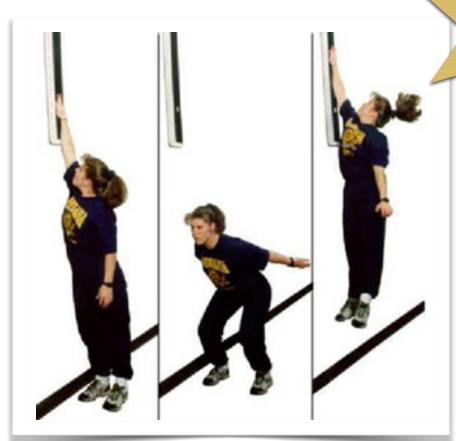
STATION NINE

Senior School Circuit Training



Vertical Jump

From a standing position, squat down and jump up and touch the wall as high as you can.

How many can jumps can you do before the whistle sounds?



Nine