



#FontanaTogether

Knee Trembler

Equipment:

- Oranges or small balls
- Painter tape
- Container/Hula hoop
- Stopwatch
- Open Space

Skills Emphasized:

- Cardiovascular Endurance

Organization:

- Using the tape, create a starting point and place a bucket of orange by the line. At the other place a container where the oranges must be placed.

Instructions:

1. Once ready place an orange in front of you by the start line. Then pick up the orange off the floor, not with your hands but with your two knees.
2. You must move steadily towards the end target. If you drop the orange, you must race back to the beginning and start over.
3. Whoever brings the most oranges to their target, is the winner.

Variations/Modifications:

- Try timing your challenges and see who can bring the most in the shortest amount of time. Then try to bet your personal best score!
- Use different sized items to see if its any harder or easier.
- Create multiple different end targets to reach at different distances.

