

University Open Virtual Jumping Jacks (M&W) Championship-2020

It is for the information of University Students that physical education section is going to organize college wise Virtual/on line Jumping Jacks (M&W) Championship-2020. All the interested students are advised to send their videos by 15-12-2020.

Rules

- Editing / other app are not allowed.
- Maximum number of Jumping Jack in 60 seconds will be recorded in numbers.
- Whoever will do the maximum number of Jumping Jack in 60 seconds will be winner.
- Certificates will be given to players.
- Shoot the video from front view side.
- Male players Send your videos on whatsapp no.- 9719247536
- Female players Send your videos on whatsapp no.- 8630096377
- Mention your Name, I.D No., & College.
- Send the videos by 15-12-2020.

How to perform Jumping Jacks- [For Video Click Here](#)

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart. Raise your arms over your head.
- Jump back to starting position.
- Repeat it up to 60 seconds.