

Tuck



- ✓ Sit on the floor
- ✓ Bring knees up to chest
- ✓ Hold each knee in one hand
- ✓ Keep feet and knees together
- ✓ Keep back straight
- ✓ Tuck chin into chest
- ✓ Lift heels from floor
- ✓ Point toes to touch the floor

Squeeze muscles tightly to create a strong Tuck shape

A Tuck can also be performed when supported on feet