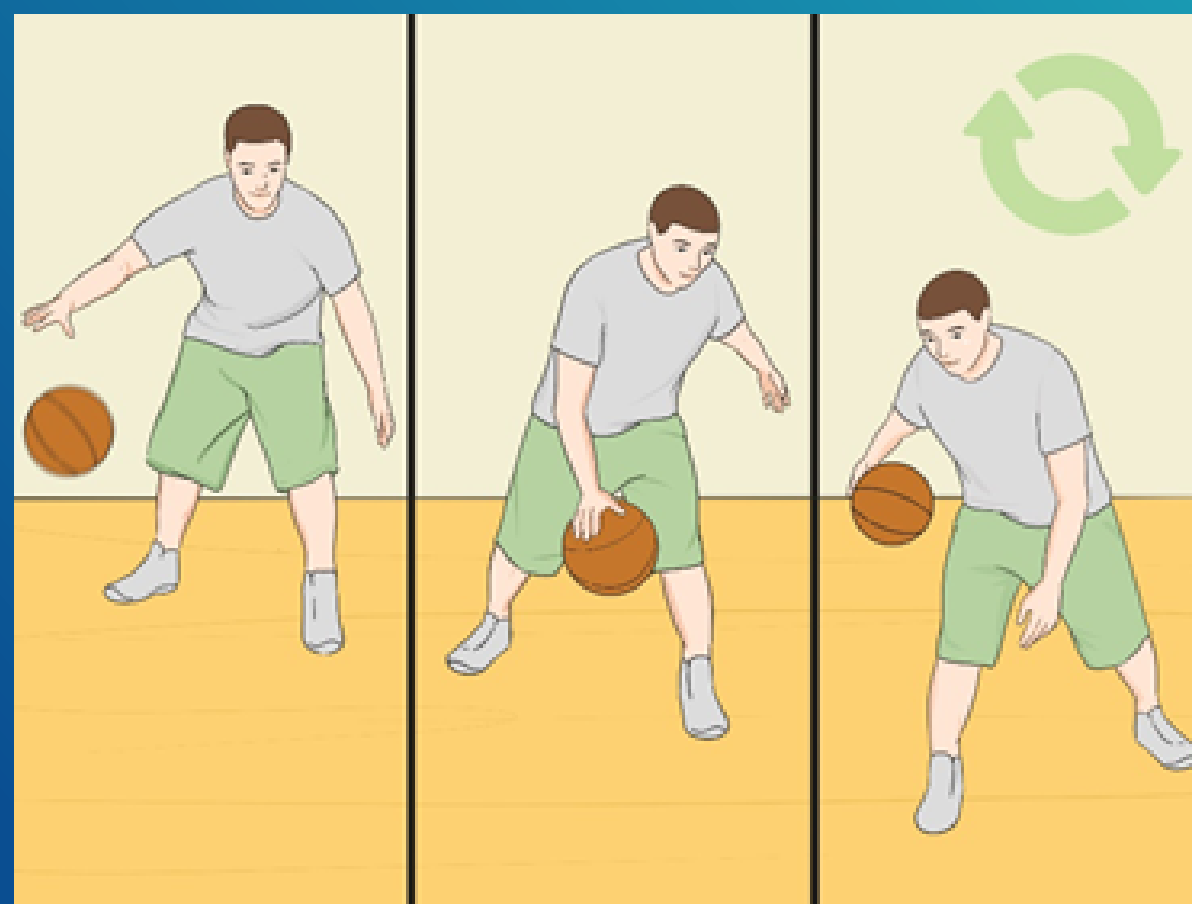


Figure of 8 Challenge

How many figure of 8's can you complete in 60 seconds?!



Stand with your feet shoulder width apart and slowly weave a ball in and out of your legs in a figure 8 fashion.

Once completed, go straight into another figure eight.

Continue until you're able to pick up speed!

Focus on your hand-eyecoordination, and quick passing.

See how many repetitions you can do in 60 seconds

Share your pics and videos with @knowsleyspp on Twitter!