

# Long jump

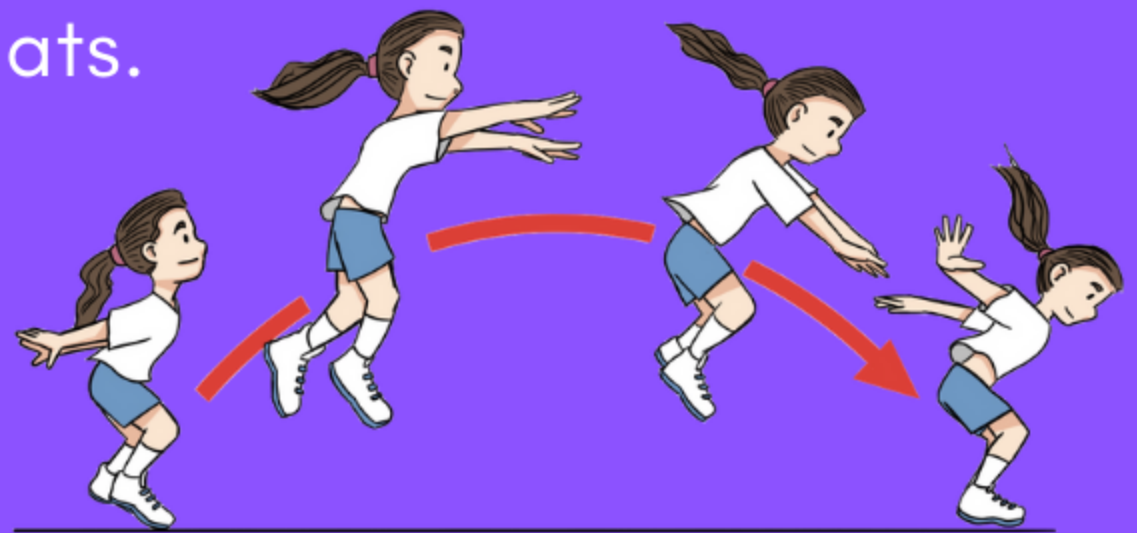


## world record attempt

**What you need:** A measuring tape.

### How to play:

- The standing long jump world record is held by Byron Jones, who recorded a jump of 3.73 m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



**How many jumps does it take for you to reach 3.73m?**