

Hello, my name is Amelie and today I want to introduce you to this newly invented sport me and my team came up with. Due to our current situation of quarantine many people including me have been dying from boredom. So, to solve that problem we have invented a sport that you can easily do at home. I personally am a fan of extreme sports and our new sport called "net boarding" gives you a little adrenaline rush as well.

The things required for this sport are toilet paper rolls, an ironing board, a fishing net, and a face mask. These are some weird items I know, but the good thing is you probably already have them at home which is perfect because you can start trying it out right after my presentation.

Ok how the game works is – you place 2 toilet paper roles on the floor one behind another, then you place the ironing board on top and of course it's going to tilt to one side. After you did this, step on the ironing board and try to balance. Next up you get your face mask ready which you should tie around your eyes to hamper your sight. And now you wrap yourself up in the fishing net while balancing on the ironing board. The person who wraps themselves up in the fishing net and detangles again the fastest without losing balance on the ironing board wins. We have a website where you can share your record times and compare yourself to other athletes.

This sport will cost you a lot of practice because of course not everybody is good at balancing and you should slowly increase the difficulty level by leaving out the mask when you first try it out just to make sure that nobody gets seriously injured. Besides of the risks this sport involves, there are many benefits. For example, your balancing skills will improve extremely as well as your body tension. Because you have to balance the whole time while you're trying to tangle and detangle yourself you can call this a 2 in 1 cardio and strength workout to keep you fit and entertained during this quarantine.

