



## Fact File

### **My guidance for attempting to break the world record for the Furthest standing jump sideways**

You want to get fit, in your own garden? Then forget throwing rocks or whatever else is the standard norm in your community. Just go jumping. Train yourself not to twist your ankles into facing the correct direction immediately you land - this is so easy to do, but it's not correct.

To start, gear up for a few rules, such as:

- jump to the side.
- land with your feet facing as they were when you jumped.
- have witnesses present.

Once you've got the technique right, jump until you're sure you can outstrip a competing professional. If you get that far, you probably deserve the world record. Good luck.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.*