

# 60 Second Challenge

## Squat Jumps

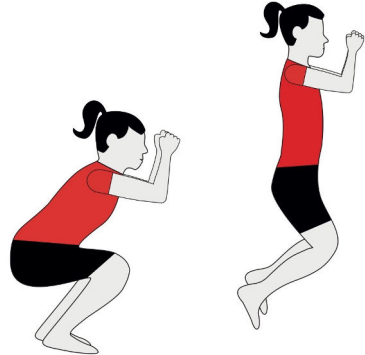
Can you be honest when counting your score?

### The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

**#StayHomeStayActive**



### Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

#### Achieve Gold

30 Squat Jumps



#### Achieve Silver

20 Squat Jumps



#### Achieve Bronze

10 Squat Jumps

