



# Climb the Mountain 60 Second Challenge

Can you keep going even if you start to feel tired?

How many mountain climbers can you complete in 60 seconds?



Make sure you bring your knees up as you move, do not just flick your legs up and down.



**No equipment is required.**

Just make sure you use a clear, open and safe space.

**Challenge yourself!**

Perform a press up after each mountain climber.



**Compete against other family members.**

The first person to achieve gold is the winner.



**Achieve Gold**

**50** mountain climbers



**Achieve Silver**

**30** mountain climbers



**Achieve Bronze**

**20** mountain climbers

