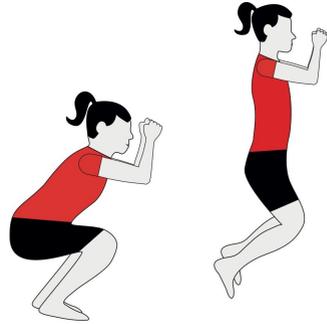




Squat Jumps 60 Second Challenge

Can you be honest when counting your score?

How many squat jumps can you perform in 60 seconds?



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

 **No equipment is required.** Just make sure you use a clear, open and safe space.

Challenge yourself! Perform a twist or turn as you jump to make it harder. 

 Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold
35 squat jumps 

Achieve Silver
25 squat jumps 

Achieve Bronze
10 squat jumps 