



# Star Jumps 60 Second Challenge



Can you maintain your technique even when you are tired?

How many star jumps can you complete in 60 seconds?



Make sure you clap your hands above your head and bring your feet together.



**No equipment is required.**

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

**Challenge yourself!**

Touch the floor after each star jump to make it harder.



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

**Achieve Gold**

**60** star jumps



**Achieve Silver**

**45** star jumps



**Achieve Bronze**

**30** star jumps

