

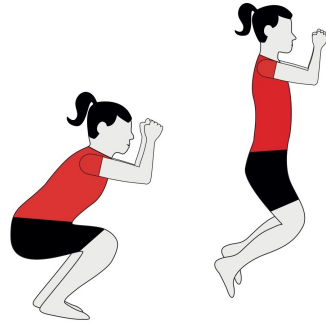


# Squat Jumps 60 Second Challenge



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

