60 Second Challenge

Squat Jumps

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? Can you be honest when counting your score?



Achieve Silver

20 Squat Jumps

Achieve Bronze







Believing in every child's future