## 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