

60 Second Challenge

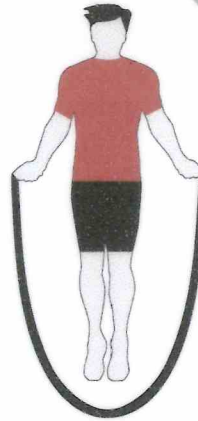
Skipping

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#StayHomeStayActive

Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips

