60 Second Challenge
Climb the Mountain

The Physical Challenge
How many mountain climbers can you complete in 60 seconds?
Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
40 Mountain Climbers

Achieve Silver
30 Mountain Climbers

Achieve Bronze
20 Mountain Climbers

Can you keep going even when you are tired?