60 Second Challenge

Skipping

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