60 Second Challenge

Speed Bounce

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.

#StayHomeStayActive

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold
80 Bounces

Achieve Silver
60 Bounces

Achieve Bronze
40 Bounces