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?

Achieve Gold
30 Squat Jumps

Achieve Silver
20 Squat Jumps

Achieve Bronze
10 Squat Jumps

Can you be honest when counting your score?