60 Second Challenge

Step Ups

The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time. No jumping!

#StayHomeStayActive

Can you focus, concentrating on the step?

Equipment

A step
If you do not have a step, use a foot pouffe or a stool.

Achieve Gold
70 Step Ups

Achieve Silver
45 Step Ups

Achieve Bronze
30 Step Ups