

# 60 Second Challenge

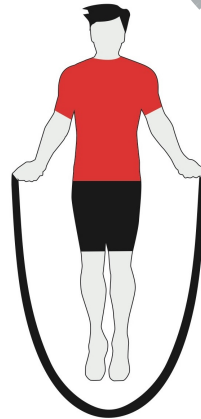
## Skipping

Do you keep trying even when you want to give up?

### 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

