

# 60 Second Challenge

## Speed Bounce

Are you honest?

Only count the jumps that are completed properly.

### 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

