

60 Second Challenge

Step Ups

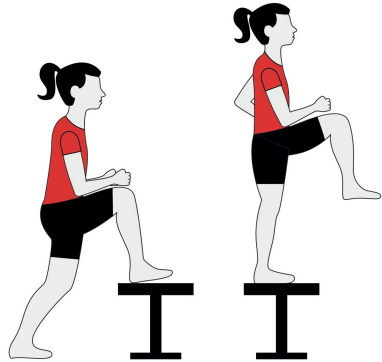
Can you focus,
concentrating
on the step?

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



Equipment

A step

If you do not have a step
us a foot pouffe or a
stool.

Achieve Gold

70 Step Ups



Achieve Silver

45 Step Ups



Achieve Bronze

30 Step Ups

