

# 60 Second Challenge

## Climb the Mountain

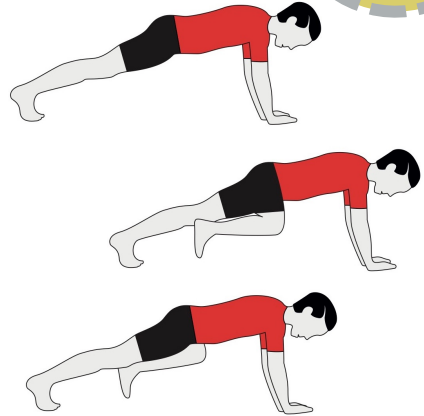
Can you keep going even when you are tired?

### The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

**#StayHomeStayActive**



### Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

#### Achieve Gold

40 Mountain Climbers



#### Achieve Silver

30 Mountain Climbers



#### Achieve Bronze

20 Mountain Climbers

