

# 60 Second Challenge

## Step Ups

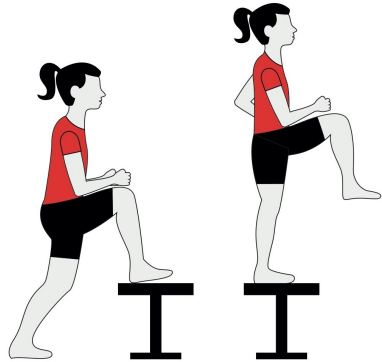
Can you focus, concentrating on the step?

### 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

