




# Speed Bounce 60 Second Challenge

Are you honest  
and only  
count the  
jumps that are  
completed  
properly?


How many times can you  
bounce over a pillow in  
60 seconds?



 Both feet must land over the pillow  
for the jump to count.

 **Jump over  
a pillow!**  
If you do not  
have a pillow,  
jump over a safe  
object!

**Set a  
Record!**  
The most bounces  
in lockdown was  
99. Can you set a  
new speed bounce  
record?



 **Compete against  
a family member!**  
If you touch the  
pillow you must  
stop bouncing.

**Achieve Gold**

**70 bounces**



**Achieve Silver**

**50 bounces**



**Achieve Bronze**

**30 bounces**

