



Climb the Mountain 60 Second Challenge



Can you
keep going
even if you
start to feel
tired?

How many mountain
climbers can you
complete in 60 seconds?



Make sure you bring your knees
up as you move, do not just flick
your legs up and down.



**No equipment
is required.**

Just make sure
you use a clear,
open and safe
space.

**Challenge
yourself!**

Perform a press
up after each
mountain climber.



**Compete
against other
family members.**

The first person
to achieve
gold is the
winner.



Achieve Gold

50 mountain
climbers



Achieve Silver

30 mountain
climbers



Achieve Bronze

20 mountain
climbers

