together inspiring success

PILLOW SPEED BOUNCE CHALLENGE

Equipment

- Pillow
- Space either side to jump over

<u>Challenge</u>

How many jumps can get you get in 60 seconds?

How quickly can you get to 100 jumps?

Challenge

Stand with the pillow on your right hand side
Jump with your feet together from one side to the other side as quick as you can without touching the pillow





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