



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 in the winner.

**Achieve Gold**  
**50** mountain climbers 

**Achieve Silver**  
**30** mountain climbers 

**Achieve Bronze**  
**20** mountain climbers 

Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.