



MOUNTAIN CLIMB



Mountain Climb can be done with either your legs or arms.

Sitting down on a chair.

If you are using your legs, how many times in 30 seconds can you lift your legs off the floor. Legs must be lifted one at a time.

If you are using your arms, how many times in 30 seconds can you lift your arms to the sky. Arms must be lifted one at a time.

Have 3 attempts and write down your top score.

#HSGDailyChallenge