



STAY ACTIVE WITH SSP

Step Challenge

#StayHomeStayActive

EQUIPMENT :

- The stairs or an outdoor step

INSTRUCTIONS:

- Using the bottom step, complete as many steps as you can in one minute. Count 1 step every time both your feet are together on the step.
- To challenge yourself try with your feet together and jumping up and down the step

TIPS:

- Try to place your feet in the same positions
 - Keep arms out to help with balance
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Share your attempts and keep up to date on our Twitter  @TRW_SSP

#TRWSSPVirtualChallenge #StayHomeStayActive #StayInWorkout

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