

Move and Shift.

Top Tip

Use your hands to help balance during the shift!

1— Place 5 objects on the floor to your left.

2— Start the timer and ONLY using your feet. Transfer one object at a time to your right.



#StayHomeStayActive

Equipment

- 5 random objects that will not roll.

Achieve Gold
Under 10 seconds.



Achieve Silver
Between 11 and 20 seconds.



Achieve Bronze
Over 21 seconds

