Skippy

This challenge requires you to engage in 100 minutes of skipping for the week. Time yourself each time you are skipping, you may complete 10 minutes one day and then 30 minutes the next day. The way you accumulate 100 minutes is up to you.

To gain 100 minutes of skipping does not mean it has to be mistake free. If you make a mistake, stop for a second, regain composure and start again. See how many you can get in a row and continuously try and beat that record.

100 Points