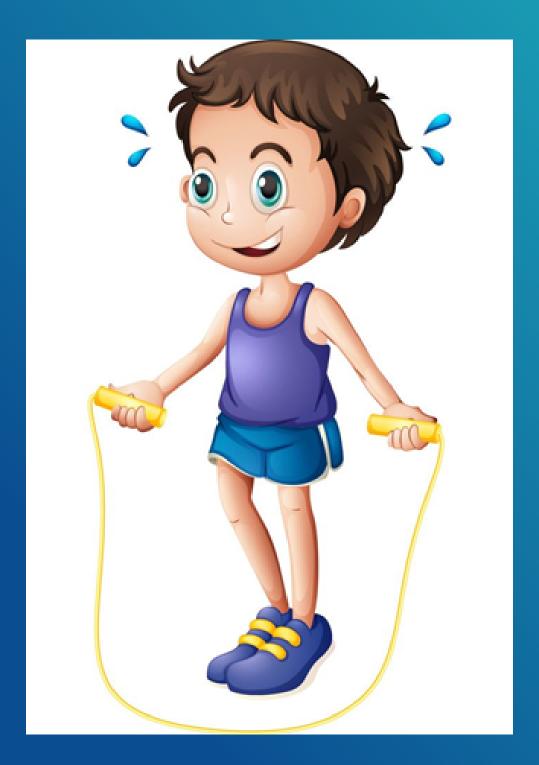


Skipping Challenge

How many skips can you complete in 60 seconds?!



To improve your stamina and co-ordination, how many two footed skips can you do in 60 seconds?

Aim to bet your score each day!

Share your pics and videos with @knowsleyspp on Twitter!

