

Bowling for Cups

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The Goal:

Knock down 6 plastic cups in 1 minute.

What You Need:

Timer / [Interval Music](#), 6 plastic cups, bean bag (or sock ball)

How To Play:

- Arrange cups in a line with each cup spaced approximately one foot apart. Stand 5-15 paces away.
- On the start signal, slide the bean bag (or sock ball) on the ground attempting to knock down one of the cups.
- Race to collect your bean bag and any cup that is knocked over.
- Return to your starting position and repeat.
- Your goal is to knock over all 6 cups in 1 minute.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)



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