

Grand Slam

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The Goal:

Score as many points as you can in 1 minute.

What You Need:

Timer / [Interval Music](#), Book (or Target), Paper Ball, Marker (or Pen)

How To Play:

- Stand a book on its end on top of your desk or table.
- Stand 2 paces away holding a marker (cap on!) in your dominant hand and a paper ball in the opposite hand.
- On “GO!” toss the paper ball into the air and hit/strike it with the marker.
- If the paper ball hits the book/target, you just hit a “grand slam” and score 4 points! Quickly retrieve the paper ball and continue the action until the one minute timer signals the end.
- Levels: Bronze = 12-18 points, Silver = 18-24 points, Gold = 24+ points

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



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