



Fact File

My guidance for attempting to break the world record for the Most side jumps in one minute

Jump until your little heart is racing, friends. Because if you try this, it's just what you'll feel. Faster, faster; higher, higher! You think that's funny? I wonder if you'll be holding the world record sometime. The bulk of the preparation I did was to, um, jump faster and faster while trying to go higher and higher. Oi! Did I pant after that.

To start, gear up for a few rules, such as:

- jump higher than 20cm every time.
- have a timekeeper with you.

It stands to reason you want to find a suitable place with a dry floor where you won't be disturbed. Can you multi-task? Then you could consider trying to time yourself while you practise. Oh, one final tip: take your socks off.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.