



## Fact File

### **My guidance for attempting to break the world record for the Most side jumps in 30 seconds**

Get exercise. But don't be boring and do it the usual way at the gym. Be like me – someone I'm sure you aspire to. Where are you now? If I were in an office, I'd turn away from my colleagues and simply begin jumping at a rapid rate. Doing that would be a good start. Then all you need to do is perfect your technique.

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

- jump to the side and back as fast as you can.
- have witnesses present.

Just follow the rules and jump. What more can there be to it apart from working up a sweat, over-exerting your heart and looking like a public fool? Go ahead!

Still keen? [WorldRecordChase.com](http://WorldRecordChase.com) is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*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.*