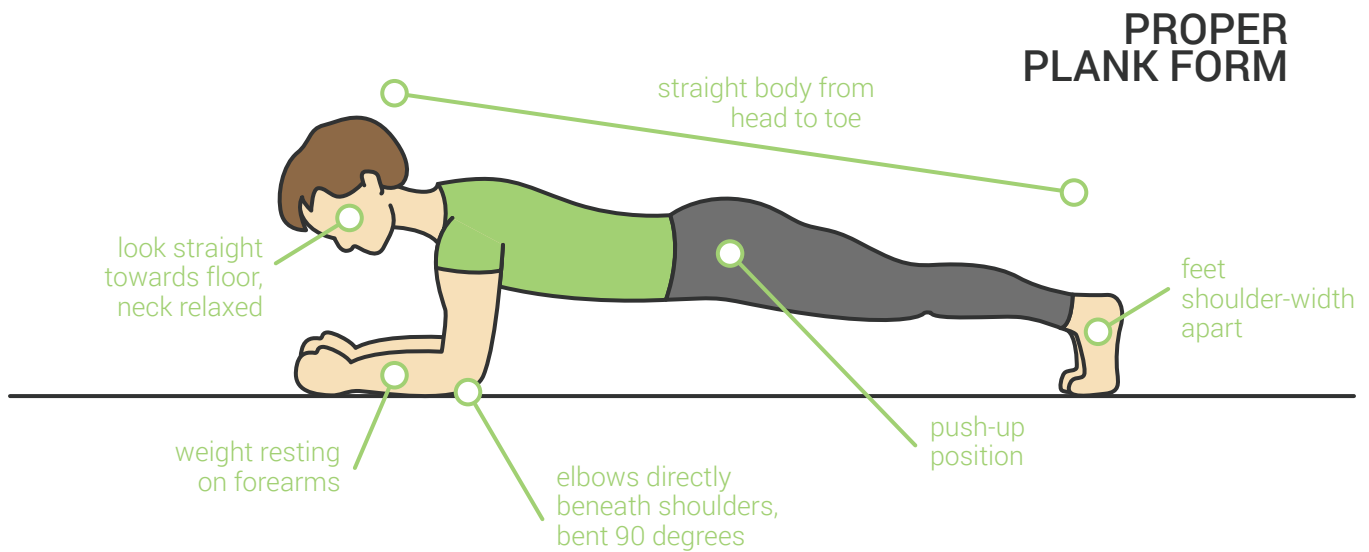


PLANK CHALLENGE

To complete this two-week challenge, do a plank at least 12 out of 14 days and improve your time by 20 seconds. To begin, time yourself to see how long you can hold a plank. Improve this time by a few seconds each day so that by the end of the challenge you can hold the proper position for 20 seconds longer than when you started. A proper plank does wonders for your body. It is great for core strengthening; benefits the hamstrings, glutes, posture, and balance; helps reduce lower back pain; and enhances overall strength for daily activities.



Keep track how long you can hold the proper plank position each day and record that time in the circles below.

WEEK 1	○	○	○	○	○	○
WEEK 2	○	○	○	○	○	○

12 DAY IMPROVEMENT :

Try these variations for even greater benefits

- ROCKING PLANK** - gently rock forwards and backwards while in the plank position
- BASIC PLANK WITH LEG RAISE** - raise leg for 5 counts, alternating with opposite leg
- TWO POINT PLANK** - extend leg and opposite arm for 5 counts, alternating with opposite side
- SPIDER PLANK** - gently raise leg and bend knee to the side, alternating with opposite side
- SIDE PLANK** - rotate body to the right so weight is on the left arm and foot and body is in a straight position perpendicular to basic plank, alternating with opposite side