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.

**PROPER PLANK FORM**
- straight body from head to toe
- weight resting on forearms
- elbows directly beneath shoulders, bent 90 degrees
- look straight towards floor, neck relaxed
- feet shoulder-width apart
- push-up position

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

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

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>:</th>
<th>:</th>
<th>:</th>
<th>:</th>
<th>:</th>
<th>:</th>
<th>:</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 2</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
</tr>
</tbody>
</table>

12 DAY IMPROVEMENT ___ : ___