



PLANKSGIVING

30 days of Planks & Thanks

November 2021




1. Start on your hands and knees.
2. Straighten one leg at a time and put the balls of your feet on the floor. Your body should make a straight line from your heels to your shoulders.
3. Keep your abdominal muscles tight and your back straight.

TIPS

Take a 10 second break if your arms get too tired to keep holding your plank with good form. Then try to finish the rest of your plank hold.

If holding your plank feels too difficult, you can drop to your knees for an easier plank style. Make sure to keep challenging yourself!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hold plank 10 seconds	2 Hold plank 15 seconds	3 Hold plank 15 seconds	4 Hold plank 20 seconds	5 Hold plank 20 seconds	6 Hold plank 25 seconds
7 REST	8 Hold plank 25 seconds	9 Hold plank 30 seconds	10 Hold plank 30 seconds	11 Hold plank 30 seconds	12 Hold plank 35 seconds	13 Hold plank 35 seconds
14 REST	15 Hold plank 35 seconds	16 Hold plank 40 seconds	17 Hold plank 40 seconds	18 Hold plank 40 seconds	19 Hold plank 45 seconds	20 Hold plank 45 seconds
21 REST	22 Hold plank 45 seconds	23 Hold plank 50 seconds	24 Hold plank 50 seconds	25 REST	26 Hold plank 55 seconds	27 Hold plank 55 seconds
28 REST	29 Hold plank 60 seconds	30 Hold plank 60 seconds				

Hold your plank for the number of seconds written on each calendar day.

You do not have to do any planks on the **REST** days.