

## MAY FITNESS CHALLENGE

# PLANK HOLD

*Special  
Olympics*



**Hold your plank for the number of seconds written on each day of the calendar.**  
You do not have to do any planks on REST days.

### TIPS

Take a 10 second break if you 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<br>Hold plank for<br><b>20</b><br>seconds  | 2<br>Hold plank for<br><b>20</b><br>seconds  | 3<br>Hold plank for<br><b>20</b><br>seconds  | 4<br><b>REST</b>                             |
| 5<br>Hold plank for<br><b>25</b><br>seconds  | 6<br>Hold plank for<br><b>25</b><br>seconds  | 7<br>Hold plank for<br><b>25</b><br>seconds  | 8<br><b>REST</b>                             | 9<br>Hold plank for<br><b>30</b><br>seconds  | 10<br>Hold plank for<br><b>30</b><br>seconds | 11<br>Hold plank for<br><b>30</b><br>seconds |
| 12<br><b>REST</b>                            | 13<br>Hold plank for<br><b>35</b><br>seconds | 14<br>Hold plank for<br><b>35</b><br>seconds | 15<br>Hold plank for<br><b>35</b><br>seconds | 16<br><b>REST</b>                            | 17<br>Hold plank for<br><b>40</b><br>seconds | 18<br>Hold plank for<br><b>40</b><br>seconds |
| 19<br>Hold plank for<br><b>40</b><br>seconds | 20<br><b>REST</b>                            | 21<br>Hold plank for<br><b>45</b><br>seconds | 22<br>Hold plank for<br><b>45</b><br>seconds | 23<br>Hold plank for<br><b>45</b><br>seconds | 24<br><b>REST</b>                            | 25<br>Hold plank for<br><b>50</b><br>seconds |
| 26<br>Hold plank for<br><b>50</b><br>seconds | 27<br>Hold plank for<br><b>50</b><br>seconds | 28<br><b>REST</b>                            | 29<br>Hold plank for<br><b>55</b><br>seconds | 30<br>Hold plank for<br><b>55</b><br>seconds | 31<br>Hold plank for<br><b>60</b><br>seconds |  |