MAY FITNESS CHALLENGE

PLANK HOLD

TUESDAY





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!

5	
	The second second

40

Hold plank for

50

seconds

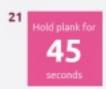


Hold plank for

50

MONDAY



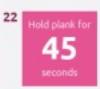






WEDNESDAY









THURSDAY





FRIDAY

20

3 Hold plank for



SATURDAY

30



