

# Planks-Giving Challenge

Do one minute ( or whatever you can do) of the plank variety assigned for each day! Don't forget to start the challenge off with a pre-test to see how long you are currently able to hold a plank. Test again at the end of 30 days and you will be amazed!

Day 1	Knee plank	Day 16	Upside Down Plank
Day 2	Full plank	Day 17	Reptile Plank
Day 3	Rocking plank	Day 18	Spider Plank
Day 4	Plank with Shoulder Tap	Day 19	Reverse Plank Lift
Day 5	Side Plank	Day 20	Hip Drop Plank
Day 6	Elevated Plank	Day 21	Plank with Rotation
Day 7	Hover Plank	Day 22	Plank Jacks
Day 8	Plank With Toe Tap	Day 23	Plank with Row
Day 9	Plank with Hand Tap	Day 24	Plate Drag Plank
Day 10	Walking Plank	Day 25	Side Plank with Lower leg lift
Day 11	Chaturanga Plank	Day 26	Pike Plank
Day 12	Extended Plank	Day 27	Plank Tap Under
Day 13	X-Plank	Day 28	Plank with Towel Abduct
Day 14	Single Arm Circle	Day 29	Plank-Towel Mnt Climber
Day 15	Glute Lift Plank	Day 30	Bird Dog