



2010 World - Wide Plank Challenge . com

Plank is a simple exercise for body, mind, and spirit.

Join the Plank Challenge to build your strength, muscular endurance, and willPower!

1. Set your baseline: _____ minutes _____ seconds.
2. Choose your goal: _____ minutes _____ seconds.
3. Commit. Practice every day.
4. Track your progress. Write down how long you hold plank each day.
5. Share your results at plankchallenge.com



	S	M	T	W	Th	F	S
Week 1		Nov. 1	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
Week 2	Nov. 7	Nov. 8	Nov. 9	Nov. 10	Nov. 11	Nov. 12	Nov. 13
Week 3	Nov. 14	Nov. 15	Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20
Week 4	Nov. 21	Nov. 22	Nov. 23	Nov. 24	Nov. 25	Nov. 26	Nov. 27
Week 5	Nov. 28	Nov. 29	Nov. 30	Dec. 1	Dec. 2	Dec. 3	Dec. 4
Week 6	Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9	Dec. 10	Dec. 11
Week 7	Dec. 12	Dec. 13	Dec. 14	Dec. 15	Dec. 16	Dec. 17	Dec. 18

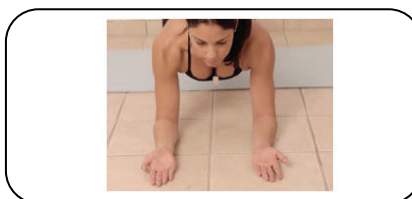
Challenge Time, December 19, 2010: _____ minutes _____ seconds!

Option 1:
Classic Plank



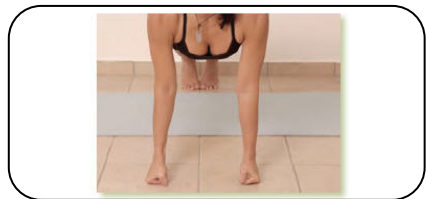
Hands in line with shoulders.

Option 2:
Forearm Plank



Elbows down. Palms up.

Option 3:
Knuckle Plank



Thumbs outside fingers.