

## Monthly Health Challenge: Planks

Are you looking to do improve your core when you are tired of sit-ups or crunches? Well, you should try doing planks. The plank is a full body exercise that strengthens and tones a variety of muscles that range from your shoulders to your thighs. You will work on your shoulders, arms, stomach, back, gluteus and legs all at once. Plus, planks help improve flexibility and posture.

### **How to perform the perfect plank:**

1. While in a beginning push up position, place your forearms on the ground.
2. Shift your weight on your forearms and flatten your back, like you would a push up. Your body should make a straight line from your shoulders to your ankles.
3. Hold this position for the desired time.
4. Your goal should be to hold it for 1 minute



\*To make it easier, perform planks with extended arms, always leave a small hollow in your hands to protect the wrists. To increase difficulty, raise an arm or leg.

For beginners, follow the Easy Track (E). For advance performance, you should follow the Challenging Track(C) :

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (E) 1 Minutes (C) 3 Minutes	2 (E) 90 Seconds (C) 4 Minutes	3 (E) Rest (C) 4 Minutes	4 (E) 90 Seconds (C) 5 Minutes	5 (E) 90 Seconds (C) 5 Minutes
6 (E) 2 Minutes (C) 6 Minutes	7 (E) Rest (C) Rest	8 (E) 2 Minutes (C) 6 Minutes	9 (E) 2 Minutes (C) 7 Minutes	10 (E) 3 Minutes (C) 7 Minutes	11 (E) Rest (C) 8 Minutes	12 (E) 3 Minutes (C) 8 Minutes
13 (E) 3 Minutes (C) 9 Minutes	14 (E) 4 Minutes (C) Rest	15 (E) Rest (C) 10 Minutes	16 (E) 5 Minutes (C) 10 Minutes	17 (E) 5 Minutes (C) 11 Minutes	18 (E) 6 Minutes (C) 11 Minutes	19 (E) Rest (C) 12 Minutes
20 (E) 7 Minutes (C) 12 Minutes	21 (E) 7 Minutes (C) 15 Minutes	22 (E) 8 Minutes (C) 15 Minutes	23 (E) Rest (C) 16 Minutes	24 (E) 8 Minutes (C) 16 Minutes	25 (E) 9 Minutes (C) 18 Minutes	26 (E) 9 Minutes (C) 18 Minutes
27 (E) Rest (C) 20 Minutes	28 (E) 10 Minutes (C) 20 Minutes	29 (E) 12 Minutes (C) 22 Minutes	30 (E) 15 Minutes (C) 25 Minutes			