## MAY FITNESS CHALLENGE

## PLANK HOLD





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 | Hold plank for |
|---|----------------|
|   | 25             |
|   | seconds        |

Hold plank for

40

seconds

Hold plank for

50

seconds

12

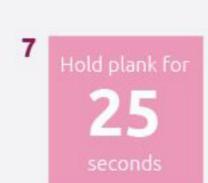
19

26



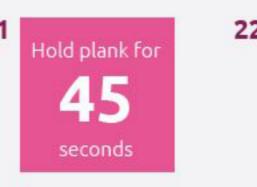






TUESDAY







## WEDNESDAY 2 Hold plank for 1 Hold plank for

20

Hold plank for

35

seconds

Hold plank for

45

seconds

Hold plank for

55

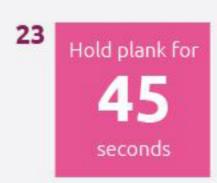
seconds



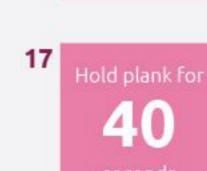
THURSDAY











Hold plank for

20

30





FRIDAY SATURDAY



30

