



MEADOWRIDGE SCHOOL
30-Day Gryphon 'TOUGH ENOUGH' Challenge

Plank Challenge

Email scott.spurgeon@meadowridge.bc.ca to update your progress



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Plank 40 sec non-stop	2 Plank 40 sec non-stop	3 Plank 45 sec non-stop	4 REST	5 Plank 45 sec non-stop	6 Plank 50 sec non-stop	7 Plank 55 sec non-stop Please send a picture
8 REST	9 Plank 60 sec non-stop	10 Plank 1:05 non-stop	11 Plank 1:10 non-stop	12 REST	13 Plank 1:10 non-stop	14 Plank 1:20 non-stop
15 Plank 1:30 non-stop	16 REST	17 Plank 1:30 non-stop	18 Plank 1:40 non-stop	19 Plank 1:45 non-stop	20 REST	21 Plank 1:45 non-stop
22 Plank 1:50 non-stop	23 Plank 2:00 non-stop	24 REST	25 Plank 2:00 non-stop	26 Plank 2:10 non-stop	27 Plank 2:20 non-stop	28 REST
29 Plank 2:20 non-stop	30 Plank 2:30 non-stop Please send a picture and confirm you finished	31 Plank for as long as you can with good form! YOU MADE IT!				

Need a greater challenge?

Life a foot off the ground

Go for a longer time

Proper Plank Form

- Lie face down with elbows, forearms & hands touching for your upper body and just toes touching for your lower body. Look down to maintain proper neck alignment.
- Engage (tighten) your core and glutes to maintain a relatively straight line from ankles to shoulders. Position yourself and tighten muscles to reduce strain on your lower back.
- Be sure to focus on breathing – it helps! Take slow deep breaths.