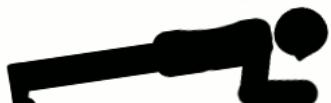




Planksgiving: 30 Days of Planks and Thanks - Fitness Challenge!



Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
20 seconds	45 seconds	60 seconds	30 seconds	Rest	45 seconds	60 seconds
Day 8:	Day 9:	Day 10:	Day 11:	Day 12:	Day 13:	Day 14:
45 seconds	60 seconds	Rest	50 seconds	85 seconds	45 seconds	70 seconds
Day 15:	Day 16:	Day 17:	Day 18:	Day 19:	Day 20:	Day 21:
Rest	80 seconds	40 seconds	60 seconds	75 seconds	Rest	90 seconds
Day 22:	Day 23:	Day 24:	Day 25:	Day 26:	Day 27:	Day 28:
60 seconds	40 seconds	90 seconds	Rest	40 seconds	60 seconds	80 seconds
Day 29:	Day 30:	<p>Follow the Planksgiving calendar above. Track your participation by crossing off each day you plank and give thanks. Use the time to reflect and give thanks or just take a mental break.</p> <p>Remember, if you miss a day, no problem! Make up the exercise for that day on one of the rest days. Looking for a challenge? Complete multiple sets of the exercise.</p>				
90 seconds	100 seconds					



What is a PLANK? To do a PLANK, hold your body off the ground in a straight line, balancing on your arms or hands. Engage your abs and core muscles.

