

Planksgiving Challenge

For the month of November, complete this self-lead challenge by doing a different plank series each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1-2x 30 sec each= 2min Week 2- 3x 30 sec each=3min Week 3- 3x 45sec each=4.5min Week 4- 3x 1min each= 6min Week 5- 4x 1min each= 8min					Week 1-1 Low plank Bird Dog	2 Sat Flow- Pick 3 exercises and do 2 sets of 30sec each (3min)
Week 2-3 High plank Bear plank	4 Plank w/ rows Side plank	5 Side plank w/ thread the needle Plank w/ movements	6 1 legged (switch halfway) 1 arm plank	7 High plank to pike Side plank w/ hip dips	8 Hovering Plank Reverse plank	9 Sat Flow- Pick 3 exercises and do 3 sets of 30sec each
Week 3-10 Twisting knee plank Dolphin plank	11 High to Low plank Low plank w/ hip rotations	12 High Plank w/ shoulder taps Mtn Climbers	13 Bird dog in high plank Bear plank w/ knee touches	14 Plank w/ rows Plank w/ movements	15 Plank w/ rotational side reaches Side plank w/ crunch (switch halfway)	16 Sat Flow- Pick 3 exercises and do 2 sets of 1min each (6min)
Week 4-17 Walking plank Side plank w/ upper leg lift (switch halfway)	18 Inch worm to plank Plank jacks	19 Spiderman planks Plank to pike w/ leg touch	20 Side plank w/ thread the needle Plank w/ movements	21 High Plank w/ shoulder taps Mtn climbers	22 1 legged (switch halfway) 1 arm plank (switch halfway)	23 Sat Flow- Pick 3 exercises and do 3 sets of 1min each (9min)
Week 5-24 Hovering Plank Reverse plank	25 Plank w/ rotational side reaches Side plank w/ crunch (switch halfway)	26 Plank Pushups Side plank w/ hip dips	27 Lateral Walking plank Side plank w/ upper leg lift (switch halfway)	28 Inch worm to plank Plank jacks	29 FREE choice of your 2 favorite planks!	30 Last day of challenge flow! Pick 10 planks do each exercise 1 set of 1min each (10min)

Low Plank



High Plank



Side plank



Bird Dog- submitted by Terry T



Bear plank (Knee hover)
submitted by Laura P



Plank w/ rows
submitted by Felicia R



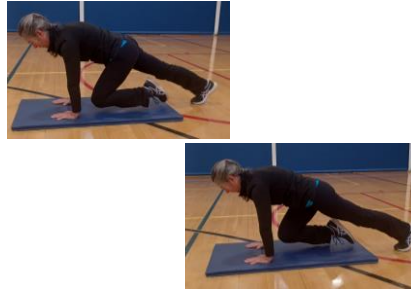
Side plank w/ thread the needle
submitted by Donna P



Plank w/ Movements
Move up, back right & left



Mtn Climbers



High plank w/ Alternating Shoulder taps
submitted by Michael B



1 arm plank
Switch arms halfway



1 legged plank- switch legs halfway
submitted by Anastasia



High plank to pike



Side plank w/ hip dips
Switch halfway



Hovering Plank
Submitted by Christine B



Reverse Plank



Twisting knee plank



Dolphin plank



High to Low plank
Submitted by Lindsey W



Low Plank w/ hip rotations



Spiderman planks- alternating



Plank to pike w/ leg touch



Bird dog in high plank



Bear plank w/ knee touches



Plank w/ rotational side reaches



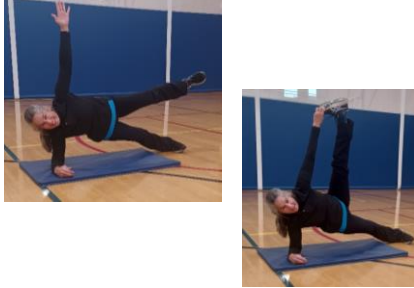
Side plank w/ crunch



Lateral Walking high plank



Side plank w/ upper leg lift



Inchworm plank



Plank Jacks

