



# January - 15 Day Plank Challenge

## This is why we plank!

**Core strength** is so much more than strengthening your abs or having a flat stomach. Your core muscles, those around the middle of your body, are like a link in a chain of muscles. These muscles don't just include your abdominal muscles, but also those that cover your sides and back. Pelvic muscles and even your hip muscles all work together to keep you upright, standing straight and pain free. These muscles work together to provide your spine stability and strength.

**Benefits of core strength:** strength & flexibility, reduce back pain, improve posture & stability, increases ability to perform daily tasks safely such as carrying groceries & lifting children, and ease of recreational activities such as golfing, fishing, jogging, walking and biking to name a few.

## Participation requirements:

Complete the challenge between the dates of January 1 - 31, 2023. Use any proper and safe plank form. Suggestions are shown on back of this page. Modified planks are acceptable. Mark off each day completed.

Complete 15 days to earn an entry into the monthly drawing.

An occasional day of rest is beneficial. Allowing time for recovery prevents muscle fatigue, reduces risk of injury, and improves performance.

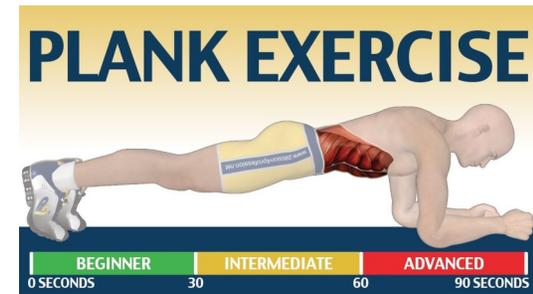
You may insert days of rest where you feel appropriate for you. Schedule them carefully so that you are still able to complete the challenge by the end of the month.

|        |            |        |            |        |            |        |            |        |            |
|--------|------------|--------|------------|--------|------------|--------|------------|--------|------------|
| Day 1  | 15 seconds | Day 2  | 15 seconds | Day 3  | 30 seconds | Day 4  | 30 seconds | Day 5  | 40 seconds |
| Day 6  | 40 seconds | Day 7  | 45 seconds | Day 8  | 45 seconds | Day 9  | 50 seconds | Day 10 | 50 seconds |
| Day 11 | 55 seconds | Day 12 | 55 seconds | Day 13 | 55 seconds | Day 14 | 60 seconds | Day 15 | 60 seconds |

Name:

Building:

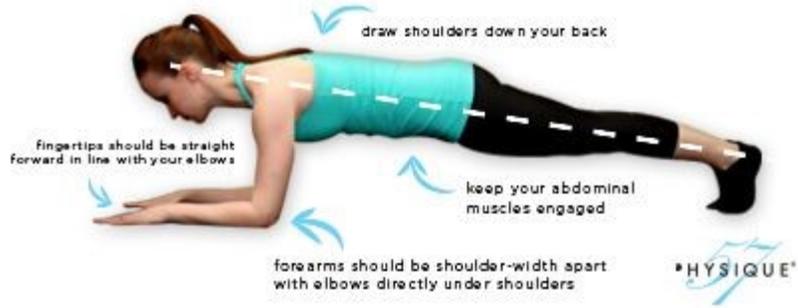
Completed forms should be submitted to [health@fsd145.org](mailto:health@fsd145.org) by Friday, February 2rd.



**Time to show off!** Hold your plank as long as possible. How long were you able to hold your plank?! \_\_\_\_\_

# FOCUS *on* FORM

## forearm plank



Wrong!



✓



Challenge Yourself



Modified Plank Forms

