



Plank April Challenge 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 20 sec	2 30 sec
3 REST	4 35 sec	5 40 sec	6 45 sec	7 50 sec	8 55 sec	9 1 minute
10 REST	11 1.5 Min	12 1.5 Min	13 2 Min	14 2 Min	15 2.5 Min	16 2.5 Min
17 REST	18 3 Min	19 3 Min	20 3.5 Min	21 3.5 Min	22 4 Min	23 4 Min
24 REST	25 4 Min	26 4.5 Min	27 4.5 Min	28 5 Min	29 5 Min	30 5.5 Min

PLANK CHALLENGE! Start by getting into a press up position. Bend your elbows and rest your weight on your forearms and not on your hands. Your body should form a straight line from shoulders to ankles. Engage your core by sucking your belly button into your spine. Hold this position for the prescribed time. **Do this entire month's challenge in front of a Coach & get 25% off one item in the store! Coach must sign off on your Calendar. Pay in cash and get an extra 5% off! Up to 30% Savings on any item!**

