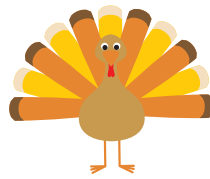


NOVEMBER



Planks for Thanks CHALLENGE

Plank and give thanks for someone or something in your life each day of the month!

The 30-Day Planks for Thanks calendar will get progressively more difficult through the month. However, these exercise are intended to supplement your current fitness routine, not replace it. Rest days will also be provided every five days.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 20 seconds	2 30 seconds	3 35 seconds	4 REST	5 40 seconds	6 45 seconds
7 50 seconds	8 REST	9 1 minute	10 1min 10secs	11 1min 20secs	12 REST	13 1min 20secs
14 1min 30secs	15 1min 30secs	16 1min 45secs	17 REST	18 1min 45secs	19 1min 45secs	20 2 minutes
21 2 minutes	22 REST	23 2mins 15secs	24 2mins 15secs	25 2mins 30secs	26 2mins 45secs	27 3 minutes
28 REST	29 3 minutes	30 3mins 10secs				

Challenge Planks:

If you find the daily workout too easy, complete your first plank interval and then add in another interval or two of the following plank variations:

- Reverse Plank
- Plank w/ Hip Dips
- Side Plank
- Up-Up-Down-Down Plank



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