



# JULY 2020

## Challenge Plank Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b> Zoom Plank	6 <b>10 seconds</b> Make sure to take the <a href="#">pre-survey!</a>	7 <b>15 seconds</b> Hip Dips: lower hips to the left and right while holding a plank.	8 <b>20 seconds</b> Side plank: hold this plank with only your right arm.	9 <b>20 seconds</b> Side plank: hold this plank with only your left arm.	10 <b>25 seconds</b> Bird/Dog: alternate raising your left arm/right leg and right arm/left leg.	11 <b>30 seconds</b> Reverse plank: chest facing the ceiling	12 <b>30 seconds</b> Climbers: move from hands to forearms and back again while maintaining the plank position.
<b>WEEK 2</b> Zoom Plank	13 <b>35 seconds</b> Walking plank: Walk hands and feet to the right while holding your plank, then return to starting point.	14 <b>40 seconds</b> Static side plank: Hold your plank with your left arm only, as you raise your right arm and right leg to the sky.	15 <b>40 seconds</b> Static side plank: Hold your plank with your right arm only, as you raise your left arm and left leg to the sky.	16 <b>45 seconds</b> Push-up plank: Start in a high plank and slowly lower yourself to the floor. Then, push up into a high plank & start again.	17 <b>50 seconds</b> Drivers: alternate pulling knees into the chest before returning to plank position.	18 <b>50 seconds</b> Downward Dog plank: raise hips toward the ceiling and hold.	19 <b>55 seconds</b> Plank Variation: Left side plank with a crunch
<b>WEEK 3</b> Zoom Plank	20 <b>55 seconds</b> Plank Variation: Right side plank with a crunch	21 <b>1 minute</b> Extended plank: hold the plank position with arms extended forward of the body.	22 <b>1 minute</b> Plank jacks: jump legs apart and back together while holding a plank.	23 <b>1 min. 5 sec.</b> Step-Outs: start in a high plank position and step legs out, out, in, in.	24 <b>1 min. 10 sec.</b> Cactus arms: Maintain a 90° bend in the elbow as you alternate lifts on each arm.	25 <b>1 min. 15 sec.</b> Toe Touches: alternate reaching hands to opposite toes.	26 <b>1 min. 20 sec.</b> Hold a plank with your left leg in the air.
<b>WEEK 4</b> Zoom Plank	27 <b>1 min. 20 sec.</b> Hold a plank with your right leg in the air.	28 <b>1 min. 25 sec.</b> Left side hip dips: Start in a side plank position and perform hip dips on your left side.	29 <b>1 min. 30 sec.</b> Right side hips dips: Start in a side plank position and perform hip dips on your right side.	30 <b>1 min. 35 sec.</b> Plank Variation: Low plank- hold plank in the 'low' position of a push-up.	31 <b>1 min. 40 sec.</b> Dive bombers: Start in a downward dog plank. Dive down to the floor, scooping the chest up to end in upward-facing dog. Repeat.	1 <b>1 min. 50 sec.</b> Static wide-legged plank!	2 <b>Plank for as long as you can!</b> Take the <a href="#">post-survey</a> and let us know how you did!

Visit [Gatorcare.org/water](https://gatorcare.org/water) for more resources!