



JULY 2020

Challenge Plank Calendar

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

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