



JULY 2020

Plank & Abdominal Bracing Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6 10 seconds Make sure to take the pre-survey!	7 15 seconds	8 20 seconds	9 20 seconds	10 25 seconds	11 30 seconds	12 30 seconds
WEEK 2	13 35 seconds	14 40 seconds	15 40 seconds	16 45 seconds	17 50 seconds	18 50 seconds	19 55 seconds
WEEK 3	20 55 seconds	21 1 minute	22 1 minute	23 1 min. 5 sec.	24 1 min. 10 sec.	25 1 min. 15 sec.	26 1 min. 20 sec.
WEEK 4	27 1 min. 20 sec.	28 1 min. 25 sec.	29 1 min. 30 sec.	30 1 min. 35 sec.	31 1 min. 40 sec.	1 1 min. 50 sec.	2 Hold 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!