

# 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<br>20 seconds | 2<br>30 seconds | 3<br>35 seconds | 4<br>REST | 5<br>40 seconds | 6<br>45 seconds | 7<br>50 seconds |
| 8<br>REST | 9<br>1 minute | 10<br>1min 10secs | 11<br>1min 20secs | 12<br>REST | 13<br>1min 20secs | 14<br>1min 30secs |
| 15<br>1min 30secs | 16<br>1min 45secs | 17<br>REST | 18<br>1min 45secs | 19<br>1min 45secs | 20<br>2 minutes | 21<br>2 minutes |
| 22<br>REST | 23<br>2mins 15secs | 24<br>2mins 15secs | 25<br>2mins 30secs | 26<br>2mins 45secs | 27<br>3 minutes | 28<br>REST |
| 29<br>3 minutes | 30<br>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