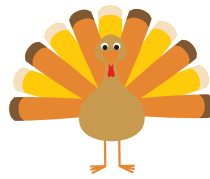


# NOVEMBER



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