

MAY PLANK CHALLENGE 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DIRECTIONS: EACH DAY DO 30 SECONDS OR 1 MINUTE OF EACH EXERCISE OR 15/30 SECONDS EACH SIDE



1 KNEE ARM REACH



2 KNEE SHOULDER TAPS



3 HOVER REACH



4 PLANK REACH



5 SIDE PLANK HOLD



6 SIDE PLANK LIFT



7 HOVER KICKS



8 HOVER SUPERMAN



9 SIDE LEG SWINGS



10 HOVER FLOOR KNEE TAPS



11 HOVER SIDE TAPS



12 HOVER JACKS



13 ROCKING HOVER



14 PLANK KNEE TAPS



15 REVERSE PLANK HOLD



16 REVERSE PLANK KICKS



17 PLANK TAPS/KNEE TAPS



18 PLANK BEAR HOPS



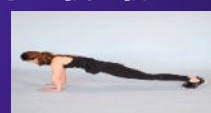
19 4 MOUNTAIN CLIMBERS 1 PUSH UP



20 PLANK STEP IN FROGGERS



21 PLANK JACKS



22 PLANK KNEE TUCKS/TAPS



23 2 SHOULDER TAPS/ 1 PUSH UP



24 PLANK TOE REACH



25 PLANK THIGH TAPS



26 UP DOWNS



27 PLANK KNEE CRUNCH



28 HOVER 1 MINUTE



29 PLANK 1 MINUTE

