

# March 2019

## Core Strength Challenge

Name \_\_\_\_\_

- ◆ Complete the seconds each day in a plank position. (If you miss a day, you may double up another day, or use a rest day to complete the time.)
- ◆ Any level (as demonstrated in the video clip) is acceptable.
- ◆ Please submit your completed log sheets to Mandi Artino by April 5, 2019.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 .. 15 sec	2 .. 20 sec
3 .. 25 sec	4 .. 30 sec	5 REST	6 .. 35 sec	7 .. 40 sec	8 .. 45 sec	9 .. 50 sec
10 REST	11 .. 50 sec	12 .. 55 sec	13 .. 55 sec	14 .. 60 sec	15 REST	16 .. 65 sec
17 .. 65 sec	18 .. 70 sec	19 .. 70 sec	20 REST	21 .. 75 sec	22 .. 75 sec	23 .. 80 sec
24 .. 85 sec	25 REST	26 .. 90 sec	27 .. 90 sec	28 .. 100 sec	29 REST	30 .. 100 sec
31  MAX Effort How many seconds can you hold?						