

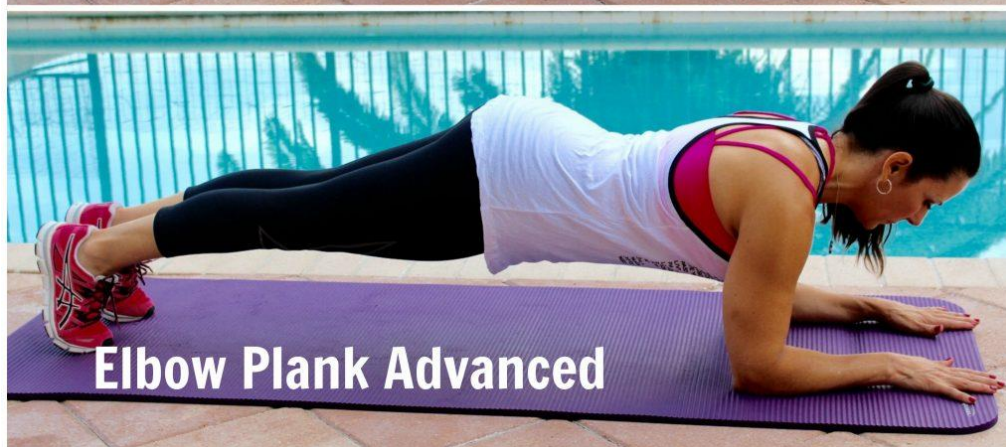
## P.E. Activities

### 5 day Plank Challenge!

## Day One – Elbow Plank

Do the daily plank 6 times.

Hold the plank for 10, 20, or 30 seconds, rest for 10 seconds and repeat until 6 rounds are completed.



This plank emphasizes not only your core, but your obliques too. The obliques are muscles that run along the sides of your core. Begin in the standard plank position and bring your left knee up to your left elbow.

Hold for a few seconds before bringing your leg back to the plank position. Bring the right knee up to the right elbow and then return it back to the start position. Repeat.

## Day Two – Standard Plank

Do the daily plank 6 times.

Hold the plank for 10, 20, or 30 seconds, rest for 10 seconds and repeat until 6 rounds are completed.



Start on your stomach and push up with your hands below your shoulders, back straight, and your head and neck in a neutral position.

Keep your shoulders directly over the elbows.

Line your elbows up with your middle fingers.

Squeeze your gluteal muscles and thighs together to engage your core.

## Day Three – Raised Leg Plank

Do the daily plank 6 times.

Hold the plank for 10, 20, or 30 seconds, rest for 10 seconds and repeat until 6 rounds are completed.



This move targets not only your core but the glutes too. Start in the standard plank position with your hands below your shoulders.

Raise your right leg up and hold for a few seconds before dropping it down. Next, raise your left leg up and hold for a few seconds. Alternate legs.

The raised leg plank isolates the glutes as you lift, squeeze and lower in the plank position.

## Day Four – Side Plank

Do the daily plank 6 times.

Hold the plank for 10, 20, or 30 seconds, rest for 10 seconds and repeat until 6 rounds are completed.



Side planks are great movement to tone the oblique muscles.

Start on your right side and lift yourself up onto your right hand.

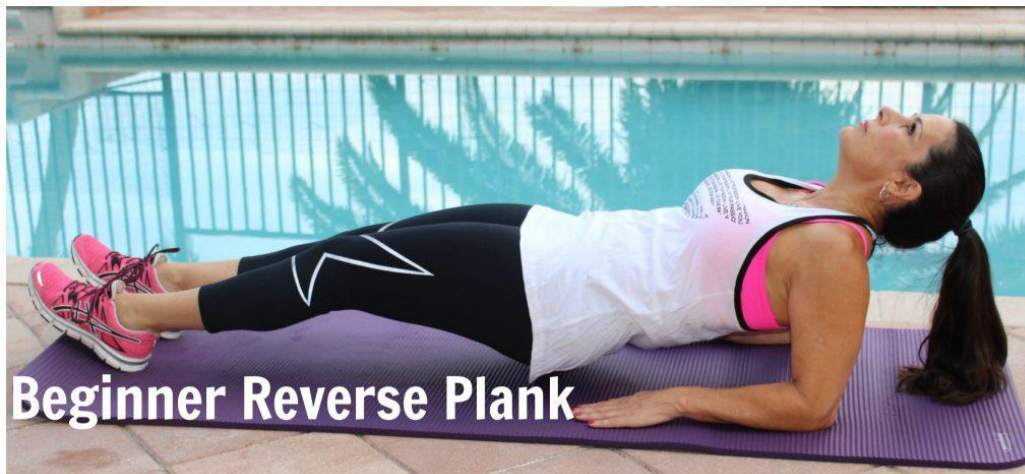
Make sure your right hand is directly under your right shoulder. Raise your hips so that your body is straight at a vertical angle.

For an increased challenge, lift your left leg. Pull the hips up towards the sky.

## Day Five – Reverse Plank

Do the daily plank 6 times.

Hold the plank for 10, 20, or 30 seconds, rest for 10 seconds and repeat until 6 rounds are completed.



This plank works your back and arm muscles. The reverse plank helps to balance your core muscles by strengthening your lower back.



Lie on your back and push up with both arms keeping your palms on the ground and fingers pointing toward your feet.

Keep your hips lifted and your body in a straight line.

Remember to maintain a neutral head and neck throughout movement.