

## JANUARY PLANK/CHAIR HOLD CHALLENGE

| Sunday       | Monday       | Tuesday      | Wednesday    | Thursday     | Friday | Saturday     |
|--------------|--------------|--------------|--------------|--------------|--------|--------------|
|              |              |              |              |              | 1      | 2            |
|              |              |              |              |              | Rest   | 30 Sec       |
| 3            | 4            | 5            | 6            | 7            | 8      | 9            |
| 30 Seconds   | 45 Seconds   | 45 Seconds   | 1 minute     | 1 minute     | Rest   | 1:30 minutes |
| 10           | 11           | 12           | 13           | 14           | 15     | 16           |
| 1:45 minutes | 1:45 minutes | 2:00 minutes | 2:00 minutes | 2:15 minutes | Rest   | 2:15 minutes |
| 17           | 18           | 19           | 20           | 21           | 22     | 23           |
| 2:30 minutes | 2:30 minutes | 3:00 minutes | 3:00 minutes | 3:15 minutes | Rest   | 3:30 minutes |
| 24           | 25           | 26           | 27           | 28           | 29     | 30           |
| 3:30 minutes | 4:00 minutes | 4:00 minutes | 4:15 minute  | 4:30 minutes | Rest   | 4:30 minutes |
| 31           |              |              |              |              |        |              |
| 5:00 minutes |              |              |              |              |        |              |