

# November

## 2014



### Planksgiving Challenge (30 Days of Planks & Thanks)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3	4	5	6	7	8
	<b>45 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>45 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>45 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	Rest Day	<b>45 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>45 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow
9	10	11	12	13	14	15
Rest Day	<b>60 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>60 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>60 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	Rest Day	<b>60 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>60 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow
16	17	18	19	20	21	22
Rest Day	<b>75 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>75 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>75 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	Rest Day	<b>75 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>75 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow
23	24	25	26	27	28	29
Rest Day	<b>1 Min 30 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>1 Min 30 Sec of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>2 Min of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	Happy Thanksgiving	<b>2 Min of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow	<b>2 Min of Each</b> Plank Burpees Jumping Jacks Plank Knee to Elbow

