

November

2015



Planksgiving Challenge (30 Days of Planks & Thanks)

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

Month

Year

[illegible]