

## TIME TO PLANK BECAUSE:

### Y Improves Core Strength

Holding a plank position taps into your core muscles and helps you build a strong abdomen. This will cause your ab muscles to tighten, which can help you develop a “six pack” and improve strength and endurance in your core.

### Y Reduces Back Pain

Planks can strengthen your back muscles and improve your posture, which can reduce or eliminate back pain. Any exercise that strengthens your core will reduce lower back pain, so planks are a must if you have trouble in that area.

### Y Makes You Happy

Exercising releases endorphins, which can improve your mood. Plus, doing planks stretches and relaxes muscles that tense up over

long periods of sitting down. If you're like me, you spend a lot of time at your desk, so it's important to undo the damage done by long periods of sitting.

### Y Increases Flexibility

Planks stretch and utilize muscles that don't get a lot of attention in everyday life, increasing your flexibility. Your shoulders, collarbone, hamstrings, and the arches of your feet can all benefit from this.

### Y Improves Balance

To perform a plank, you have to stay in position without sacrificing technique. This can be difficult on its own, but to challenge your balance even more, try doing side planks or leg raises. A regular schedule of various types of planks will help to improve your general sense of balance and your posture.

## BASIC PLANK TIPS

1. Start in a pushup position and then slowly lower your forearms to the ground.
2. Ensure that your elbows are lined up under your shoulders.
3. Keep your abs & gluts tight and lifted.
4. Do NOT let your hips sag. Do NOT arch your back.
5. Keep a neutral neck and spine.
6. Your body should form a straight line from head to toe.

**Beginners, try the modified plank. Need something more challenging? Try the side plank or knee tuck plank. See more plank ideas on the next page.**

## MODIFIED PLANK



## BASIC PLANK



SIDE PLANK



FULL PLANK



ALTERNATING SHOULDER TAP PLANKS



KNEE TUCKS OR MOUNTAIN CLIMBERS



FULL PLANK WITH LEG LIFT



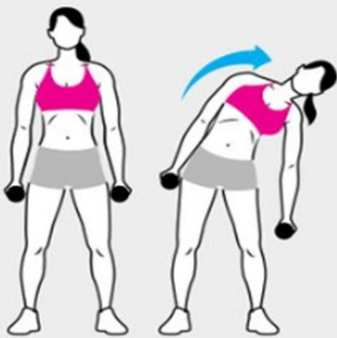
# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>31 DAY PLANK CHALLENGE</b>			1 20 Seconds	2 25 Seconds
3 30 Seconds	4 REST DAY	5 30 Seconds	6 45 Seconds	7 45 Seconds	8 45 Seconds	9 REST DAY
10 45 Seconds	11 60 Seconds	12 60 Seconds	13 60 Seconds	14 75 Seconds	15 75 Seconds	16 75 Seconds
17 REST DAY	18 75 Seconds	19 90 Seconds	20 90 Seconds	21 90 Seconds	22 105 Seconds	23 105 Seconds
24 105 Seconds	25 REST DAY	26 105 Seconds	27 120 Seconds	28 120 Seconds	29 120 Seconds	30 140 Seconds
31 140 Seconds						

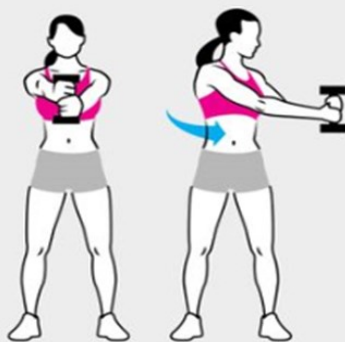
# COMPLETE ONE OR BOTH TO GET A POINT ON YOUR FITNESS TICKET. KEEP TRACK ON YOUR LIVING WELL CALHOUN 2021 CALENDAR.

## THE 15-MINUTE STANDING ABS WORKOUT

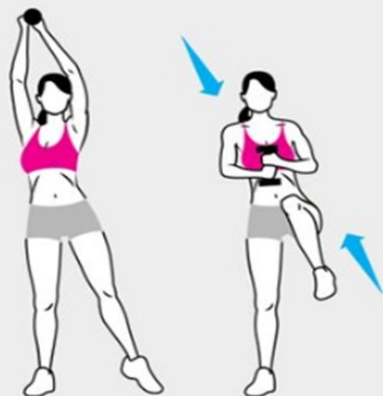
Complete three or four sets of each exercise as instructed, resting for 30 seconds between sets, two or three times a week.



**1 DUMBBELL SIDE BEND**  
DO 10 REPS



**2 STANDING CORE STABILIZATION**  
DO 10 REPS



**3 BOW EXTENSION**  
DO 10 REPS, THEN SWITCH SIDES AND REPEAT



**4 REVERSE DUMBBELL CHOP**  
DO 10 REPS, THEN SWITCH SIDES AND REPEAT

## THE 15-MINUTE SUPERSET-STRENGTHENING WORKOUT

Complete this workout two or three times a week: Starting with the first superset (moves 1A and 1B), perform eight reps of each exercise without resting between moves. Rest for 30 seconds, then go on to the second superset (2A and 2B) and repeat the same pattern. Return to start and complete as many rounds as you can in 15 minutes.

**1A DUMBBELL GOBLET SQUAT**



**1B BENT-OVER ROW**



**2A SUITCASE DEADLIFT**



**2B DUMBBELL OVERHEAD PRESS**

