

60-second challenge

The plank

The Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and your back straight.
Remember to keep your forearms on the ground.



EQUIPMENT

Just yourself !

Make sure you have enough floor space around you.

GOLD

60 seconds

SILVER

40 seconds

BRONZE

20 seconds

Who can hold the
plank the longest in
your family?



#Woodside #Lockdownchallenge