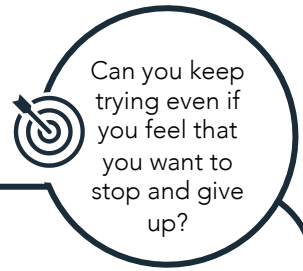


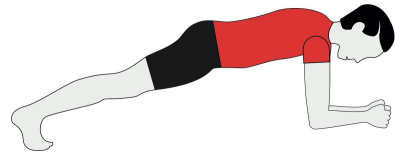


The Plank 60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

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



Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



No equipment is required.

Just make sure you use a clear, open and safe space.

If you're finding it tough stop after 30 seconds and have 5 second rest.



Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



Achieve Platinum!

To achieve platinum can you perform the plank for 90 seconds?

