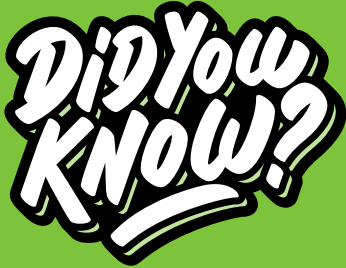


WORK RIGHT

PLANK-TASTIC CHALLENGE



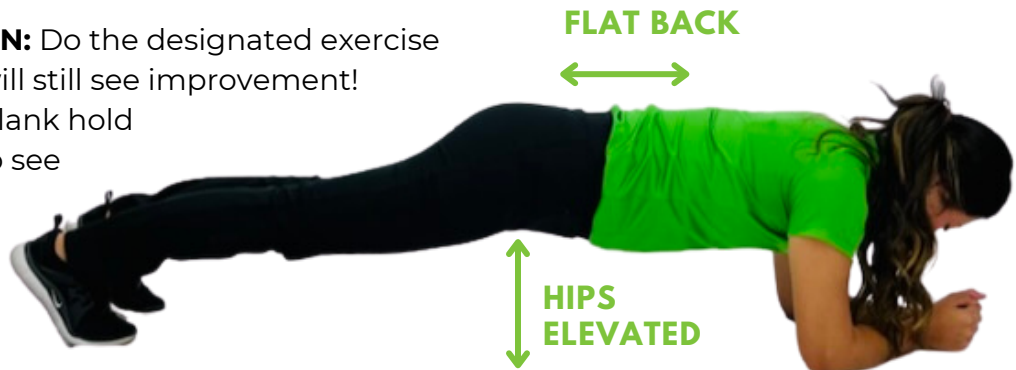
YOUR CORE WILL PLANK YOU!



A strong core is essential not just for athletic performance, but for everyday function. It plays a central role in stabilizing the spine, preventing low back injuries, and supporting safe, efficient movement in both work and daily life. Whether lifting on the job, maintaining good posture at a desk, or bending to pick something up at home, core strength helps protect the body from strain and imbalance. One simple way to assess core endurance is the plank hold, an effective (and challenging) test and training tool that engages the muscles responsible for spinal support, posture, and control during real-life tasks and physical demands.

>>> HOW TO PARTICIPATE

- During the first week of the month, time how long you can hold a forearm plank.**
 - Start with the upper body supported off the ground by the elbows and forearms, and the legs straight, hips lifted off the floor creating a straight line from head to toe. The head should be facing towards the ground and not looking forward.
 - Time starts as soon as you are in the correct position. The test is over when the you are unable to hold the back straight and/or the hips lower.
- How to improve:**
 - MAXIMIUM EFFORT:** During weeks 2-4, complete **ALL** 7 of the week's exercises on the calendar each day.
 - ALTERNATE OPTION:** Do the designated exercise each day and you will still see improvement!
- Retest** your forearm plank hold during the last week to see how much you've improved!



>>> GRADING

	Male	Female
Excellent	Over 2 min	Over 100 sec
Good	100 sec-2 min	1 min-100 sec
Average	1 min-100 sec	45 sec-1 min
Below Average	Under 1 min	Under 45 sec

>>> YOUR SCORE

	Time
Beginning of the Month	
End of the Month	

THE PLANK-TASTIC CHALLENGE

JULY 2025 WR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 1: RECORD YOUR 1ST HOLD TIME & DO EXERCISES 1-5 EVERY DAY
WEEK 2: DO EXERCISES 6-12 EVERY DAY
WEEK 3: DO EXERCISES 13-19 EVERY DAY
WEEK 4: DO EXERCISES 20-26 EVERY DAY
WEEK 5: DO EXERCISES 27-31 EVERY DAY & RETEST!

01 PLANK ON KNEES
 Begin on your forearms & knees. Keep your core engaged & hips in line with spine.



20
 Secs

02 SUPINE TOE TAPS
 Lie on back with knees bent & feet flat on floor. Draw belly button towards spine. Slowly lift one leg, then alternate lifting a leg while keep core engaged.



10
 Reps

03 SIDELYING HIP CIRCLES
 Starting in a sidelying position with top leg up, tighten your abdominals & keep your trunk perpendicular to the floor. Rotate your leg around in a circle first forward, then backward varying the size of the circle.



10
 Reps

04 LATERAL LUNGE
 Step off to one side, drop your hips back to a side lunge. Keep front knee over ankle & push down through your heel. Rise back to standing.



10
 Reps

INDEPENDENCE DAY

05 SQUAT
 Hips BACK, chest UP. Let's see how you SQUAT RIGHT.



5
 Reps

06 BIRD/DOG
 Begin in a position on hands and knees. Activate the lower abdominals and slowly extend out one arm and the opposite leg. Hold briefly.



10
 Reps

07 SIDE PLANK: KNEELING
 Begin in a side lying position on forearms & knees bent at 90 deg. Keep your core engaged & hips in line with spine.



20
 Secs

08 SIDE STEPS
 Begin by standing with a looped resistance band around your ankles. Take a step to the side then slowly bring the opposite leg in. Keep the band taut.



10
 Reps

09 STRAIGHT LEG RAISE
 Keep one knee bent, foot on the floor. Straighten out your other knee, tighten your thigh & lift your leg straight up off the floor. Hold briefly & slowly lower.



10
 Reps

10 HIP EXTENSION
 Root down through your standing leg & kick your heel back behind you. Keep your core engaged & squeeze your glutes to kick back.



10
 reps

11 PUSH UP ON CHAIR
 In a straight, plank position with extended arms on chair, keep your body & head in line with the spine, slowly lower down to your chest, engage the core, & push back up to the starting position.



10
 Reps

12 CLAM SHELL
 Lie on one side with hips flexed 45° & both knees flexed 90°. Keep heels together & slowly rotate top knee towards the ceiling. Hold briefly & return to start position.



20
 Sec

13 PLANK
 Begin on your forearms. Keep your core engaged & hips in line with spine.
 *Modified: Bring knees to floor, aligning the knees with hips.



20
 Secs

14 SHOULDER PLANKS
 Start in an extended arm plank. With core engaged, lift one arm up & touch your opposite shoulder. Bring hand back down & repeat on the other side.



10
 Reps

15 LUNGE WITH REACH
 Step forward into a lunge position. Sink down keeping your front knee in line with your ankle. Reach the arm of your down knee up & over.



10
 Reps

16 DIAGONAL CHOP
 Start with feet shoulder width in a squat. Clasp hands and reach diagonally toward the floor, outside your knee. Pull band up and out reaching toward the ceiling.



10
 reps

17 BICYCLE STRAIGHT LEG
 With head resting in your hands, bring opposite elbow & knee toward one another while extending other leg long. Repeat on other side.



10
 Reps

18 BRIDGE ON HEELS
 Begin by lying on your back with your knees bent, heels down, & toes up. Activate your lower abdominals, push down through heels, squeeze glutes & lift your hips off the floor. Hold briefly, lower and repeat.



10
 Reps

19 MONSTER WALK
 With a resistance band around ankles, step to the side with one leg, keeping knees slightly bent. Continue side stepping, keeping tension on the band.



15
 Reps

20 BIRD DOG CRUNCH
 Begin on your hands & knees. Extend opposite arms & leg, then bring them together to touch your elbow & knee together. Extend out again & repeat.



15
 Reps

21 HALF KNEELING WOOD CHOP
 Kneel down on one knee. Band attached behind you, off to one side, & hold with both hands. Keep arms straight & rotate at trunk, bringing arms up diagonally.



10
 reps

22 RESISTANCE BAND RDL'S
 Start in staggered stance, one foot in front, the other approx one foot behind the other. Keep a soft bend in the knees. Hinge forward at your hips, chest up, back in neutral. Sit your hips back to lower your spine towards the floor.



15
 Reps

23 CURTSY LUNGE (BANDED)
 Step back behind your body, square your hips, then lunge down into a twisted position, weight largely on front foot. Power up on the front foot, rooting down through the heel & squeezing the glutes.



10
 Reps

24 SUPERMAN
 Begin lying on your stomach with arms overhead & toes pointed. Lift your arms & legs off of the floor. Lower back down. Repeat.



10
 Reps

25 GOOD MORNINGS
 Stand with feet shoulder width apart and knees slightly bent. Hinge at hips, pushing butt back until you're about parallel to floor. Return to start position.



10
 Reps

26 SINGLE LEG BRIDGE
 Start on your back, knees bent. Lift one leg. Push down through foot on the floor. Don't let your torso rotate as you lift your hips.



12
 Reps

27 LUNGE WITH TRUNK ROTATION
 Step back into a lunge. Clasp hands, rotate trunk, keeping legs stable.



5
 Reps

28 BURPEE
 In standing, lower to a squat, hands on ground. Jump legs back and land in a plank. Jump legs forward into squat position again. Drive your feet through the floor and jump, arms overhead. Repeat.



10
 Reps

29 MOUNTAIN CLIMBER
 Begin in a hand-plank position with a flat back. Hop your right knee toward your chest, followed by your left.



10
 Reps

30 SPLIT SQUATS
 Start in a lunge stance with back toes on the floor or an elevated surface. Sink down through the hip keeping the knee aligned with foot.



10
 Reps

31 SIDE PLANK WITH LEG RAISED
 Line up arm with shoulder & shoulder with hip & heel in a side plank. Lift top leg up & slightly back.



10
 Reps



ALTERNATE OPTION:

DO THE FEATURED EXERCISE OF THE DAY, EACH DAY, AND YOU WILL STILL SEE IMPROVEMENT IN YOUR TIME!