Plank Challenge - Week 1

**Exercise Descriptions:**

1. Plant hands directly under shoulders (slightly wider than shoulder-width apart) like you’re about to do a push-up. Ground toes into the floor and squeeze the glutes to stabilize the body.

2. Start by lying flat on your back on a mat with your arms by your sides and your palms down. Extend your legs fully with a slight bend in your knees. Lift your heels about 6 inches off the floor. Make small, rapid up and down motions with your legs.

3. Start in a plank position with your hands underneath your shoulders and your back flat. Pull your knee up to your elbow and fully contact your oblique’s. Alternate sides.

4. Lie down flat on your back and pull belly button down towards the floor, your lower back should be touching the ground. Keep your abs and glutes tight at all times.

5. Attempt to do all exercises in a row with 30 second breaks in between each exercise.

**How many did you do?**

1. 
2. 
3. 
4. 
5.
**Exercise Descriptions:**

1. **Scissor Kicks**
   - Start by lying flat on your back with your arms by your sides. Extend your legs out. Lift your heels about 6 inches off the floor. Make small, rapid left and right scissor-like motions with your legs.

2. **Shoulder Taps**
   - Start in plank position. Touch your left shoulder with your right hand and return to plank position. Touch your right shoulder with your left hand and continue alternating sides until the set is complete.

3. **Right Side Plank**
   - Start on your side with your feet together and one hand directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet. Hold the position without letting your hips drop.
   - Repeat number 3 on the left side of your body.

4. **Left Side Plank**
   - Repeat number 3 on the left side of your body.

5. **Friday Flow (1-4)**
   - Attempt to do all exercises in a row with 30 second breaks in between each exercise.

**How many did you do?**

1. ____________

2. ____________

3. ____________

4. ____________

5. ____________
Plank Challenge - Week 3

Exercise Descriptions:

1. Mountain Climber
   - Assume a push-up position. Without changing the posture of your lower back, raise your right knee toward your chest, then repeat with your left.

2. Hip Dips
   - Start in a forearm plank, elbows bent and underneath your shoulders with your feet hip-width apart. Rotate your hips to the right and dip your body almost to the floor. Return to the starting position and repeat on the left side.

3. Bicycles
   - Lie flat on the floor with your hands behind your head. Bring your knees in towards your chest and lift your shoulder blades off the ground. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee. Now switch sides.

4. Abdominal Twists
   - Sit upright with your heels on the ground. Twist your torso to the right, and then reverse the motion, twisting it to the left. Repeat this movement.

5. Friday Flow (1-4)
   - Attempt to do all exercises in a row with 30 second breaks in between each exercise.

How many did you do?

1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
Plank Challenge - Week 4

**Exercise Descriptions:**

1. **Tuck ins**
   - Lie flat on the floor and begin by lifting your shoulders and legs off the ground. Bend your legs and bring your knees toward your chest. Then fully extend your legs straight without touching the mat.

2. **Penguins**
   - Start from a supine position. Draw knees up with feet flat on the ground. Brace core to raise shoulders off the ground. Raise arms just off ground and alternate crunching to each side so as to reach each arm towards each knee.

3. **Plank Jacks**
   - Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping jack, jump your legs wide and then back together.

4. **Plank ups**
   - Start in a push-up position. Lower down to the elbows one elbow at a time. From this position on the elbows, press the hands into the floor one at a time to return to the push-up position.

5. **Friday Flow (1-4)**
   - Attempt to do all exercises in a row with 30 second breaks in between each exercise.

**How many did you do?**

1. ___________
2. ___________
3. ___________
4. ___________
5. ___________
## Lower Body Challenge - Week 1

### Exercise Descriptions:

1. **Switch Lunges**
   - Lunge forward with your right thigh parallel to the floor. Swing your arms for balance and momentum, jump up and switch legs landing in a lunge with your left foot forward.
   - Stand with your feet spread shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees. Push yourself back to the starting position while squeezing your glutes.

2. **Squats**
   - Begin on your knees and keep with your feet on the floor. With your hands behind your head, hinge at your hips and get up off the floor, rising into a squat with your knees over your toes.
   - Stand with your feet in a wide stance and your toe pointing out to the sides. Lower yourself by bending your knees and pressing your hips back. Once your thighs are parallel to the floor, press up and repeat.

3. **Kneel to Stand**
   - Attempt to do all exercises in a row with 30 second breaks in between each exercise.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>How many did you do?</th>
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</thead>
<tbody>
<tr>
<td>Switch Lunges</td>
<td>____________</td>
</tr>
<tr>
<td>Squats</td>
<td>____________</td>
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<tr>
<td>Kneel to Stand</td>
<td>____________</td>
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<tr>
<td>Sumo Squats</td>
<td>____________</td>
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<tr>
<td>Friday Flow (1-4)</td>
<td>____________</td>
</tr>
</tbody>
</table>
Exercise Descriptions:

1. Lie on your back with your knees bent, feet flat on the floor. Raise your glutes off the floor by extending your hips upward while pushing down through your heels. Continue until your back, hips and thighs are in a straight line. Return to the start position and repeat.

2. Stand on one leg as your starting position. Keeping your leg straight, raise it as far out to the side as possible. Slowly lower your leg back to the starting position. Repeat the same amount on opposite side.

3. Start in a squat position, legs at a 90 degree bend having your thighs parallel to the floor and your back against a wall. Hold this position.

4. Start on all fours. Bracing your core, keep your right knee bent at 90 degrees and flex the foot as you lift your knee until it is level with the hip. Lower the knee without touching the floor, and repeat on both sides.

5. Attempt to do all exercises in a row with 30 second breaks in between each exercise.
Lower Body Challenge - Week 3

Exercise Descriptions:

1. Fire Hydrants
   - Start on all fours. Keeping the knee bent at 90 degrees, raise the bent leg to the right until your knee is aligned with your hip. Slowly lower down to the starting position without touching your knee to the ground. Repeat the same amount of the left side.

2. Star Jumps
   - Stand with your feet shoulder-width apart and toes pointing slightly outward. Bend your knees pressing your hips back, as if you were going to sit back on a chair. Pushing through your heels, jump straight up. Land with your knees slightly bent and go back into the squat position.

3. Side Lunges
   - Stand with feet hip-width apart. Step out to the side with one leg and transfer your weight to that leg. Use your lead foot to push back to the starting position. Repeat on both sides.

4. Frog Squat
   - Stand with feet wider than shoulder-width apart. Hold hands in front of your body at arm’s length. Begin by pushing hips back while bending at the knees into a squat. Squat down until your thighs are parallel to the floor and you can touch your fingers to the floor.

5. Attempt to do all exercises in a row with 30 second breaks in between each exercise.

How many did you do?

1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
Lower Body Challenge - Week 4

Exercise Descriptions:

1. Single leg deadlifts
   - Stand on one leg with your knee slightly bent. Start bending at the hips and extend your free leg behind you. Lower your torso until you are parallel to the floor. Return to the starting position and repeat with the opposite leg.

2. Heismans
   - Start with one leg in front of the other with a 90 degree bend. Quickly bring your back leg up to meet with the palm of your hand. Extend back to start position. Repeat on both sides.

3. Curtsey lunges
   - Stand with your feet hip-width apart. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg. Start lowering your body by bending your knees until your right thigh is parallel to the floor. Return to the starting position and repeat on the opposite side.

4. Calf raises
   - Stand with your feet hip-width apart and toes pointing forward. Raise your heels off the floor and squeeze your calves. Return to the starting position by slowly lowering your heels, and repeat.

5. Friday Flow (1-4)
   - Attempt to do all exercises in a row with 30 second breaks in between each exercise.

How many did you do?

1
2
3
4
5
Make your own workout!

1. Pick five exercises from the exercise glossary and write the number in the box.
2. Attempt to do every exercise for 1 minute each with a 30 second break in between each exercise.
3. Do at least two rounds of all exercises and track how many you did each time to see your endurance.