

Planksgiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Forearm Plank ☐ 20 sec hold 30 sec hold 1	Straight Arm Plank ☐ 15 sec hold 20 sec hold 2	Forearm Plank ☐ 20 sec hold 30 sec hold 3	Side Plank ☐ 15 sec hold 20 sec hold 4	Give Thanks Only . REST DAY ☐ 5	Forearm Plank ☐ 20 sec hold 30 sec hold 6	Arm Lift Plank ☐ 20 taps 30 taps 7
Forearm Plank ☐ 30 sec hold 45 sec hold 8	Leg Lift Plank ☐ 15 reps 20 reps 9	Forearm Plank ☐ 35 sec hold 60 sec hold 10	Give Thanks Only . REST DAY ☐ 11	Side Plank ☐ 30 sec hold 45 sec hold 12	Leg Lift Plank ☐ 20 reps 30 reps 13	Straight Arm Plank ☐ 30 sec hold 45 sec hold 14
Forearm Plank ☐ 40 sec hold 60 sec hold 15	Give Thanks Only . REST DAY ☐ 16	Side Plank ☐ 35 sec hold 45 sec hold 17	Forearm Plank ☐ 45 sec hold 75 sec hold 18	Arm Lift Plank ☐ 30 taps 40 taps 19	Forearm Plank ☐ 50 sec hold 90 sec hold 20	Leg Lift Plank ☐ 30 reps 40 reps 21
Give Thanks Only . REST DAY ☐ 22	Side Plank ☐ 40 sec hold 60 sec hold 23	Arm Lift Plank ☐ 40 taps 60 taps 24	Forearm Plank ☐ 45 sec hold 60 sec hold 25	Straight Arm Plank ☐ 60 sec hold 120 sec hold 26	Give Thanks Only . REST DAY ☐ 27	Forearm Plank ☐ 50 sec hold 90 sec hold 28
Leg Lift Plank ☐ 30 reps 40 reps 29	Straight Arm Plank Hold as long as possible 30					

Workout Key

Beginner

Advanced

Don't forget to track! You can use the square on the calendar to track, but be sure to track in your Personify account for Healthy Habit points! Under Healthy Habits, select Planksgiving.

Choose **Well**

Planksgiving Guide

Don't forget to track! You can use the calendar to track, but be sure to track in your Personify account for Healthy Habit points! Under Healthy Habits, select Planksgiving.

Give Thanks

Take a few minutes each day to write down 3 things that you are thankful for.

Do Planks

Perform a short warmup prior to each set. For a simple warm up check out Aaptiv for a variety of quick options!

- Choose your workout for the day—the level you choose one day does not have to be the same the next. Listen to your body.
- Tip for proper form: Keep your shoulders above your hands or elbows, keep abdominals engaged and your back neutral.
- Break up the workout however you see fit. For example, if the total for the day is 90 sec plank hold, you can complete the workout over multiple sets: 2 sets of 45 sec, 3 sets of 30 sec, etc.
- To change plank intensity: Drop to your knees or, for a more basic option, use an elevated surface such as a wall, table, desk, or countertop for your hands to perform planks on an incline.

Movement Descriptions

FOREARM PLANK
START IN A PRONE POSITION ON THE GROUND WITH FEET IN-LINE OR SLIGHTLY WIDER THAN SHOULDERS. EXHALE AS YOU PUSH HIPS UP TO A NEUTRAL SPINE. KEEP BACK STRAIGHT, CORE ENGAGED. BREATHE AS YOU HOLD HERE.



STRAIGHT ARM PLANK
START IN A PRONE POSITION ON THE GROUND WITH FEET IN-LINE OR SLIGHTLY WIDER THAN SHOULDERS. EXHALE AS YOU PUSH HIPS UP TO A NEUTRAL SPINE. KEEP BACK STRAIGHT, CORE ENGAGED. BREATHE AS YOU HOLD HERE.



SIDE PLANK
LAYING ON YOUR SIDE WITH SHOULDERS, HIPS AND KNEES STACKED. PUSH HIPS UP. KEEP BACK STRAIGHT, CHEST FORWARD. STAGGER FEET FOR STABILITY AS NEEDED. SWITCH SIDES.



ARM LIFT PLANK
FROM A FOREARM PLANK POSITION, BRACE YOUR CORE AS YOU LIFT ONE ARM THEN THE OTHER. FEET SHOULD BE SLIGHTLY WIDER THAN HIPS FOR BETTER BALANCE.



LEG LIFT PLANK
FROM A FOREARM PLANK POSITION, BRACE YOUR CORE AS YOU LIFT ONE LEG THEN THE OTHER. FEET SHOULD BE HIP WIDTH FOR BETTER BALANCE.

