

W.O.W.

WAC ON WELLNESS

JANUARY CHALLENGE - 21 DAY PLANK CHALLENGE

INSTRUCTIONS: Challenge yourself with 21 days of planking! Turn in the entry form below at the W.O.W. Kiosk after you complete the 21 day challenge for a chance to win a prize!

GOALS:

LEVEL	ADJUSTMENTS
Beginner	20-40 Seconds
Intermediate	40-60 Seconds
Advanced	60+ Seconds



BY KRISTEN GRIFFIN
 WAC Downtown Personal Trainer
 kgriffin@thewac.com

- Day 1** - Plank hold for time. Endurance!
- Day 2** - Plank hold plus slow, alternating shoulder taps
- Day 3** - Plank hold, plus slow, alternating leg raises
- Day 4** - Plank hold, plus one arm and opposite leg raises, alternating (can modify onto all 4's)
- Day 5** - Plank hold, plus alternating knee drives (mountain climbers)
- Day 6** - Plank hold, plus alternating slow knee drives to same elbow, knee lateral to body
- Day 7** - Plank hold, plus alternating slow knee drives to opposite elbow, knee crossing under body
- Day 8** - Plank hold, plus 1 mountain climb, 1 drive to same elbow, 1 to opposite elbow, alternating legs
- Day 9** - Plank hold on forearms
- Day 10** - Plank hold on forearms, pressing up onto hands one arm at a time
- Day 11** - Plank hold, rotating onto 1 hand, into a side plank, alternating sides
- Day 12** - Plank hold on forearms, pressing up onto hands, rotating to 1 side, back to plank, back to forearms
- Day 13** - Plank hold stepping hands out as wide as you can, step hands back in as narrow as you can
- Day 14** - Plank hold stepping feet out as wide as you can one at a time, stepping in as narrow as you can
- Day 15** - Plank hold creating an X, stepping both hands and feet as wide as you can, then back in
- Day 16** - Plank on forearms, rotating hips side to side, trying to reach the ground
- Day 17** - Right plank, drop hip to ground. Left plank, drop hip to ground
- Day 18** - Plank on forearms, rotating hips side to side for 10 reps, Rotate to R plank for 10 hip drops, Rotate to L plank for 10 hip drops
- Day 19** - Plank hold, push back into a Down Dog position, come back into plank position
- Day 20** - Plank hold, stepping or hopping both feet to the outside of your hands, hop both back to plank
- Day 21** - Plank hold, stepping or hopping both feet to the outside of your hands, hop up into a squat, and into the air for a burpee!

See a Personal Trainer for more detailed instructions or a demonstration.

Member Name: _____ **Phone Number:** _____



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
 www.thewac.com/wow