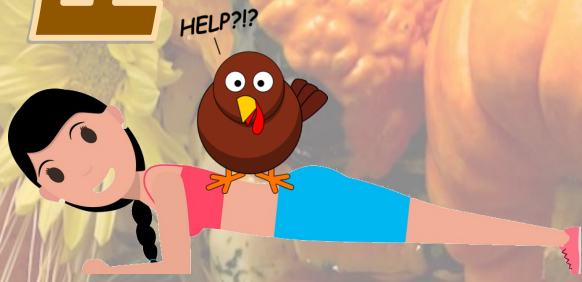




# Planksgiving

## 30 Days of Thanks and Planks



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>As you're planking each day, we want you to think about one thing you're thankful for. Write it down when you're finished and put it in a jar or bowl so you can go back and read them later on.</p>			<p>B = Beginner I = Intermediate E = Experienced</p>	<p>1 B = 15 sec I = 20 sec E = 30 sec</p>	<p>2 B = 15 sec I = 20 sec E = 30 sec</p>	<p>3 B = 20 sec I = 35 sec E = 30 sec</p>
<p>4 B = 20 sec I = 30 sec E = 40 sec</p>	<p>5 REST DAY</p>	<p>6 B = 25 sec I = 35 sec E = 45 sec</p>	<p>7 B = 25 sec I = 40 sec E = 50 sec</p>	<p>8 B = 30 sec I = 45 sec E = 55 sec</p>	<p>9 B = 30 sec I = 50 sec E = 1 min</p>	<p>10 B = 35 sec I = 1 min E = 1m 10s</p>
<p>11 B = 35 sec I = 1 min E = 1min 15s</p>	<p>12 REST DAY</p>	<p>13 B = 40 sec I = 1m 10s E = 1 m 25s</p>	<p>14 B = 40 sec I = 1 min 15s E = 1 min 30s</p>	<p>15 B = 45 sec I = 1 min 20s E = 1 min 40s</p>	<p>16 B = 50 sec I = 1 min 20s E = 1min 50s</p>	<p>17 B = 55 sec I = 1 min 30s E = 2 min</p>
<p>18 B = 1 min I = 1 min 35s E = 2min 20s</p>	<p>19 REST DAY</p>	<p>20 B = 1 min I = 1 min 45s E = 2min 30s</p>	<p>21 B = 1 min 5s I = 1 min 45s E = 2 min 30s</p>	<p>22 B = 1min 10s I = 1 min 50s E = 2 min 55s <i>Turkey Day</i></p>	<p>23 REST DAY</p>	<p>24 B = 1min 15s I = 2 min E = 3 min 5s</p>
<p>25 B = 1min 20s I = 2 min E = 3min 15s</p>	<p>26 REST DAY</p>	<p>27 B = 1min 25s I = 2 min 15s E = 3 min 30s</p>	<p>28 B = 1 min 25s I = 2 min 30s E = 4 min</p>	<p>29 B = 1min 30s I = 2 min 45s E = 4 min 30s</p>	<p>30 B = 1min 30s I = 3 min E = 5 min</p>	

\*\*\*Go at your own pace and listen to your body. If you can't do it all at once, then break it up throughout the day. If it's not challenging enough, increase the count or do a second round. You can also change up the variations of planks and do side planks, up/down planks, modified planks, etc.\*\*\*