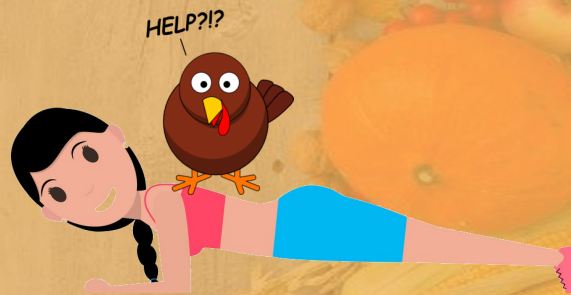




# Planksgiving

## 30 Days of Planks and Thanks



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 B = 15 sec I = 20 sec E = 30 sec	2 B = 15 sec I = 20 sec E = 30 sec	3 B = 20 sec I = 35 sec E = 30 sec	4 B = 20 sec I = 30 sec E = 40 sec	5 REST DAY	6 B = 25 sec I = 35 sec E = 45 sec	7 B = 25 sec I = 40 sec E = 50 sec
8 B = 30 sec I = 45 sec E = 55 sec	9 B = 30 sec I = 50 sec E = 1 min	10 B = 35 sec I = 1 min E = 1m 10s	11 B = 35 sec I = 1 min E = 1min 15s	12 REST DAY	13 B = 40 sec I = 1m 10s E = 1 m 25s	14 B = 40 sec I = 1 min 15s E = 1 min 30s
15 B = 45 sec I = 1 min 20s E = 1 min 40s	16 B = 50 sec I = 1 min 20s E = 1min 50s	17 B = 55 sec I = 1 min 30s E = 2 min	18 B = 1 min I = 1 min 35s E = 2min 20s	19 REST DAY	20 B = 1 min I = 1 min 45s E = 2min 30s	21 B = 1 min 5s I = 1 min 45s E = 2 min 30s
22 B = 1min 10s I = 1 min 50s E = 2 min 55s	23 REST DAY	24 B = 1min 15s I = 2 min E = 3 min 5s	25 B = 1min 20s I = 2 min E = 3min 15s	26 REST DAY <i>Turkey Day</i>	27 B = 1min 25s I = 2 min 15s E = 3 min 30s	28 B = 1 min 25s I = 2 min 30s E = 4 min
29 B = 1min 30s I = 2 min 45s E = 4 min 30s	30 B = 1min 30s I = 3 min E = 5 min		B = Beginner I = Intermediate E = Experienced	<p><b>As you plank each day, we want you to think about one thing you're thankful for. Write it down and save it for a rainy day.</b></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.\*\*\*