

20 Days of Planks & Thanks!

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>In this season of giving thanks, we are grateful for our members, our health, our staff and community. We hope you enjoy this plank challenge and share your attitude of gratitude with others. Use the workouts as a suggestion and modify the times or add rest as needed. This is just for fun, no need to turn in your form.</i></p>						
	<p>5 Schedule 5 daily gratitude reminders</p> <p>10 sec elbow plank 5 sec plank on hands 10 sec elbow plank 5 sec plank on hands</p>	<p>6 Call someone you haven't talked to in awhile and let them know you appreciate them.</p> <p>15 sec elbow plank 5 plank walkouts 15 sec elbow plank</p>	<p>7 Thank someone for making you smile today.</p> <p>10 sec mtn climbers 10 sec plank on hands 10 sec side plank lt/rt 10 sec plank w/foot taps in and out</p>	<p>8 What relationships are you thankful for?</p> <p>20 sec elbow plank 10 sec plank w/leg lifts 10 sec feet tap in/out 5 sec plank on hands</p>	<p>9 What did you do today that you enjoyed?</p> <p>15 sec rt. side plank 15 sec lt. side plank 15 sec elbow plank</p>	<p>10 What places are you thankful for?</p> <p>10 sec plank on hands 15 sec feet in/out 15 sec mtn climbers 10 sec plank on hands</p>
<p>11 Has anyone done anything recently that made your job easier?</p> <p>20 sec elbow plank 20 sec plank on hands 5 walkouts</p> <p>Veterans Get in Free Today</p>	<p>12 What 3 character traits are you happy to have?</p> <p>15 sec grasshoppers 20 sec plank on hands 20 sec feet in/out</p> <p>Veterans Get in Free Today</p>	<p>13 Send a thank you note to someone who deserves recognition.</p> <p>10 sec mtn climbers 30 sec elbow plank 20 sec up/down</p>	<p>14 Think of a challenge you faced. What about it can you be thankful for?</p> <p>15 sec plank hops 15 sec plank on hands 15 sec spiderman 15 sec plank w/leg lift 15 sec plank hops</p>	<p>15 What 5 memories are you thankful for?</p> <p>30 sec plank on hands 30 sec feet tap in/out 15 sec rt side plank 15 sec left side plank</p>	<p>16 Think of leaders who have impacted your life. Mimic their goodness today.</p> <p>10 walkouts 30 sec grasshoppers 10 walkouts 30 sec plank hops</p>	<p>17 What's the best compliment you've received? Give a compliment today.</p> <p>90 sec plank (elbows or hands)</p>
<p>18 What happened this weekend you are thankful for?</p> <p>30 sec plank on hands 30 sec mtn climbers 30 sec plank on hands 30 sec feet tap in/out</p>	<p>19 Thank someone who has supported your health journey.</p> <p>45 sec up/down 45 sec spiderman 45 plank hops</p>	<p>20 What trips are you thankful for?</p> <p>45 sec plank on hands 30 sec rt side w/leg lift 30 sec lt side w/leg lift 45 sec elbow plank</p>	<p>21 Reflect on a quote that made you think about life differently.</p> <p>20 sec plank hops 40 sec plank on hands 20 sec mtn climbers 30 sec plank on hands 20 sec grasshoppers 15 sec plank on hands</p>	<p>22 List 5 people you appreciate and why. It's a great day to let them know!</p> <p>60 sec plank up/down 60 sec plank</p> <p>Facility is closed</p>	<p>23 What abilities do you have that you are grateful for?</p> <p>15 sec plank on hands 30 sec plank w/leg lift 30 sec grasshoppers 30 sec rt side w/leg lift 30 sec lt side w/leg lift 15 sec plank on hands</p>	<p>24 What in your community are you thankful for?</p> <p>5 walkouts 30 sec mtn climbers 30 sec elbow plank 30 sec plank hops 30 sec feet in/out 30 sec spiderman 30 sec up/down</p>

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Plank on elbow



Plank on hands



Side plank elbow knees bent



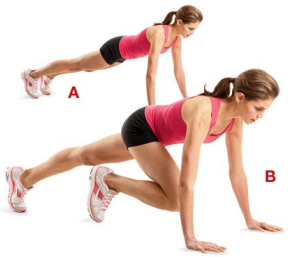
Side plank elbow st. legs



Side plank st. arm/leg lift



Mtn climbers



Walkouts



Spiderman knee to elbow (same side)



Plank hops



Elbow plank with leg lift



Up/Down Plank



Feet tap in/out



Grasshoppers

