

Day 4 – Plank Challenge



Miss Pringle's top tip: Try and keep your bottom down and remember to breathe just like Miss Donantantonio.



7.5.20

- Using a floor space try to see how long you can hold the plank position for (see image below). Get someone to time you and see if you can go for gold, why not challenge your parents to a game.



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STRENGTH

MEDAL	SCORE
Gold	1 Minute 30 Seconds
Silver	1 Minute
Bronze	30 seconds