



AUGUST 2024

PLANK CHALLENGE



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|--------------------|----------------------|--|-----|
| Welcome to the BCW Plank Challenge! Let's get your entire body stronger. HAPPY PLANKING! | | | | 1 | 2 MAX PLANK | 3 |
| 4 | 5 4 x 20 seconds | 6 6 x 20 seconds | 7 core workout | 8 3 x 30 seconds | 9 4 x 30 seconds | 10 |
| 11 | 12 2 x 40 seconds | 13 3 x 40 seconds | 14 core workout | 15 6 x 30 seconds | 16 2 x 45 seconds 2 x 30 seconds | 17 |
| 18 | 19 1 x 50 seconds 1 x 40 seconds 3 x 20 seconds | 20 1 x 50 seconds 2 x 40 seconds | 21 core workout | 22 5 x 40 seconds | 23 1 x 50 seconds 2 x 40 seconds 1 x 30 seconds | 24 |
| 25 | 26 1 x 60 seconds 1 x 40 seconds 1 x 30 seconds | 27 3 x 60 seconds | 28 core workout | 29 8 x 20 seconds | 30 MAX PLANK | 31 |

