60 Second Challenge

The Plank

The Physical Challenge

Can you hold the ‘plank’ position for 60 seconds?
Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Who can hold the plank position longest in your family?

Achieve Gold
60 seconds or more 1

Achieve Silver
45 seconds or more 2

Achieve Bronze
30 seconds or more 3

Can you focus and show self belief even though it is hard?