

Plank challenge



What you need: A little space and someone to time.

How to play:

- Ask someone to time you whilst you hold a plank position.
- Hold the plank with your hands flat on the floor and your shoulders over your hands. Squeeze your stomach muscles so that your hips stay in a straight line.
- Have a go at different times throughout the day and try to beat your time.

**Keep your mind
strong.
You've got this!**

