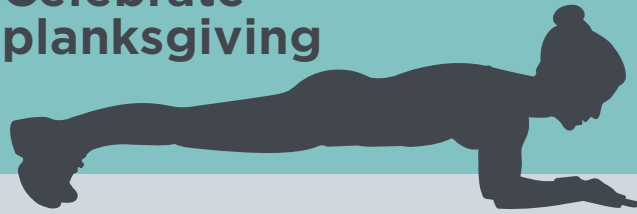


# Celebrate planksgiving



Worried about weight gain this holiday season? Rebuild your abs after heavy feasting by taking our 7-day planks and thanks challenge.

## Hold it and hang on

Day 1: Hold for 20 seconds

Day 2: Hold for 30 seconds

Day 3: Hold for 1 minute

Day 4: Hold for 1 minute, 30 seconds

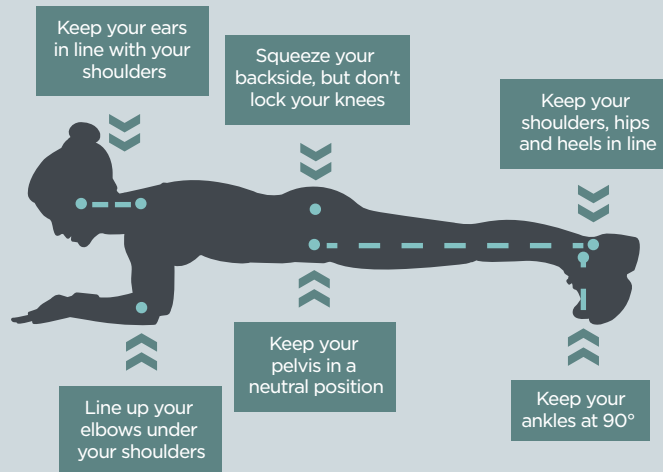
Day 5: Hold for 2 minutes

Day 6: Hold for 2 minutes, 30 seconds

Day 7: Hold for 3 minutes

## Anatomy of the perfect plank

The shortest distance to a proper plank is a straight line



## From the expert

"When performed correctly, planks are a functionally superior movement for strengthening the core, glutes, low back and upper body, while providing support to the spine and pelvis. Unlike other core exercises that require flexing the spine, the plank maintains the spine's neutral position of the spine."

— Tom Dodsworth, MA, ACE-CPT, exercise trainer at Sharp HealthCare

