

60 Second Challenge

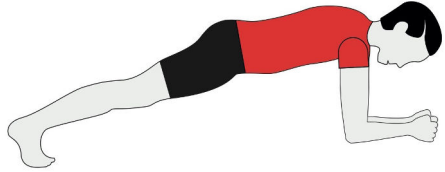
The Plank

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

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



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more

