

60 Second Challenge

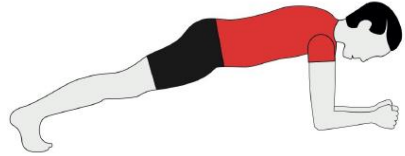
Plank

Can you keep going even when you are tired?

The Physical Challenge

How long can you hold the plank for in seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?