

Day 5:

THE PLANK

Welcome to day 5 of the Get Moving Challenge. Wow, you made it! Congratulations!

Today we're going to be doing the plank.

FITNESS POINT:

The plank is a great exercise to strengthen your core muscles. It's not complicated, but at the same time it will really test your strength.

This exercise doesn't involve movement. Rather, it involves holding the same position.

There are two simple ways to do the plank. The first is that you get down as if you're going to do pushups but don't actually go down. You simply hold this position.



The second is to go down onto your forearms and hold the position.



Both ways are effective.

As you do this, you'll find a strain on quite a few different muscles. This means it's working!

ACTION:

Okay, time to get down to business. Start by doing the plank for 10 seconds. If that's too difficult, do it for 5 seconds. You can add or subtract 5 second increments depending on the difficulty.

Like always, don't overdo it. Create a tiny, repeatable habit.

After you've done the plank, do your push ups, sit ups, and bodyweight squats.

After you do your workout, come back and share your results. Was it tough? How did you feel after doing all the exercises together? No need to be embarrassed. We're all working toward the same thing here!

CONGRATS ON COMPLETING THE CHALLENGE!

You are on the path toward getting healthier!

Keep an eye out to your email inbox. We're going to do a wrap up and give you a heads up on what's next.