**August Plank Challenge**

**What is the Plank challenge?**

* The Plank Challenge’s main goal is to improve the overall strength and stamina of the Trunk/Core. During the plank challenge, participants will plank each week day during the month of August **(Aug 5th- Aug 30th)**. You will complete your Pre-test **August 1st or August 2nd**, which is a plank for maximum time. Depending on your time, you and a wellness Staff member will discuss a plan to follow for the following weeks. Example plans that can be followed, but are not limited to are:
  + **Level 1 -** Plank 30 seconds a day, adding 15 seconds a week.
  + **Level 2 -** Plank 45 seconds a day, adding 15 seconds a week.
  + **Level 3 -** Plank 1:00 a day, adding, 15 seconds a week.
  + **Level 4 -** Plank 1:30 a day, adding 15 seconds a week.
  + **Level 5 -** Plank 2:00 a day, adding 15 seconds a week.
  + **Levels so on and so forth…**

At the end of the month **Thursday, August 29th and Friday, August 30th**, you will complete your post-test to test your new maximum time under your plank. If you stay consistent, and perform correctly your plank will improve. Good Luck!

**The Plank Challenge includes:**

* Pre-test (Plank for time)
* Plank per day
* Post-test (Plank for time)

**Goals for the challenge:**

* Improve the stamina of the Plank.
* Improve the stability of the Trunk.
* Improve overall strength of the Core.
* To point out the points of performance of the plank.

**Dates to remember:**

* August 1st & August 2nd (Pre-test)
* August 5th- 30th (Plank Challenge)
* August 29th- August 30th (Post-test)

**Things to know:**

* Get with a Wellness Staff Member by **Monday, August 5th** to choose a plan to follow as well as complete your Pre-test.
* A Wellness Staff Member will give you a Plank challenge card (**keep up with your card**). WSM will sign each day that you **complete your session of plank**. (At your convenience, dates have been assigned for each day on your card).
* You will be responsible if you cannot attend the gym that day, to video your plank for that day and either post it to the Choctaw Wellness or Choctaw CrossFit Facebook pages or show to a coach to be verified and signed off.
* **Post-tests can be completed on** **Thursday, August 29th or Friday, August 30th**.
* If you complete **100% (16/16)** you will receive 15 Well Bucks! If you complete **75% (13/16)** you will receive 8 Well Bucks! So, if you want those Well Bucks, be consistent!