

Grass Roots Fitness
OCTOBER PLANK CHALLENGE

* See second page for descriptions of the planks listed

◀ September	~ October 2014 ~						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 45 Sec Standard Plank	2 1 Minute Standard Plank	3 (2) 1 min Standard Plank (2)30 sec side Plank (ea side)	4 (4) 1 min Stand Plank (4) 30 sec Side Plank	
5 (3) 1 min Standard Plank (3) 30 sec Mountain Climbers	6 (4) 1 min StandardPlank 10 Knee to Elbow Planks	7 (2) 1 min Standard Plank 8 sets Up, Up, Down, Down Planks	8 1 min Standard Plank 4 sets Up, Up, Down, Down Planks 10 Plank Jacks	9 1 min Standard Plank 4 sets Up, Up, Down, Down Plankds 15 Plank Jacks	10 1 min Standard Plank 10 Plank Jacks 10 Plank Side Walks (ea side)	11 1 min Standard Plank 5 Plank Jacks 15 Plank Side Walks (ea side)	
12 (3) 1 min Standard Plank (5) 30 sec Mountain Climbers	13 (2) 1 min Standard Plank (5) 30 sec Mountain Climbers	14 1 min Standard Plank 10 Knee to Elbow Planks 8 sets Up, Up, Down, Down Planks	15 2 min Standard Plank 10 Knee to Elbow Planks 8 sets Up, Up Down, Down Planks	16 2 min Standard Plank 4 sets Up, Up, Down, Down Planks 15 Plank Jacks	17 (2) 2 min Standard Planks 2 sets Up, Up, Down, Down Planks 20 Plank Jacks	18 1 min Standard Planks 15 Plank Jacks 10 Plank Side Walks (ea side)	
19 2 min Standard Plank 10 Plank Jacks 5 Plank Side Walks (ea side)	20 (3) 1 min Standard Plank (10) 30 sec Mountain Climbers 10 Plank Jacks	21 (3) 1 min Standard Plank (10) 30 sec Mountain Climbers 5 Plank Side Walks (ea side)	22 (5) 1 min Standard Plank (5) 1 min Mountain Climbers	23 (6) 1 min Standard Plank (6) 1 min Mountain Climbers	24 (7) 1 min Standard Plank (7) 1 min Mountain Climbers	25 (2) 1 min Standard Plank 10 Plank Side Walks (ea side)	
26 (3) 1 min Standard Plank 15 Plank Side Walks (ea side)	27 (4) 1 min Standard Plank 8 sets Up, Up, Down, Down Planks	28 (3) 1 min Standard Plank 10 Sets Up, Up, Down, Down Planks	29 (5) 1 min Standard Plank 15 Plank Jacks	30 (7) 1 min Standard Plank 15 Plank Side Walks (ea side)	31 (10) 1 min Standard Plank 30 Plank Jacks	Notes: YOU DID IT!!! ROCK ON WORKOUT WARRIOR!!	

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