



FIT KIDS[®]

PLANK CHALLENGE

Directions: Perform a high plank exercise for the designated amount of time each day.

DAY 1 30 Seconds	DAY 2 60 Seconds	DAY 3 30 Seconds	DAY 4 60 Seconds	DAY 5 30 Seconds	DAY 6 60 Seconds
DAY 7 30 Seconds	DAY 8 60 Seconds	DAY 9 30 Seconds	DAY 10 60 Seconds	DAY 11 30 Seconds	DAY 12 60 Seconds
DAY 13 30 Seconds	DAY 14 60 Seconds	DAY 15 30 Seconds	DAY 16 60 Seconds	DAY 17 30 Seconds	DAY 18 60 Seconds
DAY 19 30 Seconds	DAY 20 60 Seconds	DAY 21 30 Seconds	DAY 22 60 Seconds	DAY 23 30 Seconds	DAY 24 60 Seconds
DAY 25 30 Seconds	DAY 26 60 Seconds	DAY 27 30 Seconds	DAY 28 60 Seconds	DAY 29 30 Seconds	DAY 30 60 Seconds

Show off your awesome moves, record yourself, and share on social media.
Don't forget to tag Fit Kids for a chance to win cool Fit Kids goodies!



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