

HURON HURRICANES

Move Every Day



Shoulder over elbow over wrist
Push into the floor to engage back



Engage core and align neck and head
Look in front of your hands



Recruit glutes, quads and calves for strong, long line of strength
Take even breaths and hold to finish

30 Day Plank Challenge

Complete a timed plank everyday in November to WIN!

WHY PLANK?

Planks challenge the entire body, activating postural muscles, building strength and endurance

1

RECORD YOUR TIME

Do a plank and record how long you can hold in good form.

2

ADD SECONDS EACH DAY

Use the tracking sheet to add time over the 30 Days

3

IMPROVE YOUR STRENGTH

See your results at the end of the month

“Everyday movement”



Stationary Lunge

10-15 each side

90 degrees at both knees. Shoulder, hip and knee in line.



Bird Dog with Crunch

10-15 each side

Extend opposite arm and leg. Round the back and touch knee to elbow under your body, then return to extended arm and leg.



V-up

8-10

Start lying on your back with arms and legs extended. Lift legs and upper body at the same time to sit on tailbone with everything else off the floor. Slow and control to starting position.



Arm Circles

40 each direction

Extending arms out from shoulder height make small circles, switch directions after 40.



Name: _____

Try a plank and note the time you are able to hold it. This will be your starting time.

Starting Time: _____

For the first 5 days, add 10 seconds to your time. After every 5 days, add another 10 seconds to your goal.

Total Planks for Nov.: _____

On days when it says, 2X, repeat your goal time twice in the same day. 3X is 3 times.

	2X			3X
	2X			3X
	2X			3X
	2X			3X
	2X			3X

Add 10 Seconds

Add 10 Seconds

Add 10 Seconds

Add 10 Seconds

Add 10 Seconds



Back Extension

10-15

Lay on your belly, eyes towards the floor. Lift legs and upper body off the floor, hold for three counts and return gently to the floor.



Down Dog to Plank

10-15

Starting in Down Dog position move to plank and hold for three counts, and move back to down dog. Do not move hand or feet position.



Jump Squats

8-10

Standing with feet hip width apart, lower hips to squat and then jump vertically. Land softly with knees slightly bent.



Bridges

10-15

Lying on your back, knees bent and feet flat on the floor. Lift hips and push into your heels, shoulders on the floor and palms down. Lower and lift hips, without touching the ground.