



Planksgiving Challenge

2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 B = 15 Sec I = 20 Sec X = 30 Sec	2 B = 20 Sec I = 30 Sec X = 40 Sec	3 B = 25 Sec I = 35 Sec X = 45 Sec	4 B = 30 Sec I = 40 Sec X = 50 Sec
5 Rest Day	6 B = 30 Sec I = 45 Sec X = 55 Sec	7 B = 35 Sec I = 50 Sec X = 60 Sec	8 B = 35 Sec I = 55 Sec X = 65 Sec	9 B = 40 Sec I = 60 Sec X = 70 Sec	10 B = 40 Sec I = 65 Sec X = 75 Sec	11 B = 45 Sec I = 70 Sec X = 80 Sec
12 B = 45 Sec I = 70 Sec X = 85 Sec	13 Rest Day	14 B = 50 Sec I = 75 Sec X = 90 Sec	15 B = 50 Sec I = 75 Sec X = 95 Sec	16 B = 55 Sec I = 80 Sec X = 100 Sec	17 B = 55 Sec I = 85 Sec X = 110 Sec	18 B = 60 Sec I = 85 Sec X = 125 Sec
19 B = 60 Sec I = 90 Sec X = 140 Sec	20 B = 65 Sec I = 100 Sec X = 150 Sec	21 Rest Day	22 B = 70 Sec I = 110 Sec X = 160 Sec	23 Do our Turkey Day Workout	24 B = 75 Sec I = 120 Sec X = 175 Sec	25 B = 75 Sec I = 130 Sec X = 185 Sec
26 B = 80 Sec I = 140 Sec X = 195 Sec	27 B = 80 Sec I = 150 Sec X = 210 Sec	28 B = 85 Sec I = 160 Sec X = 240 Sec	29 B = 85 Sec I = 170 Sec X = 270 Sec	30 B = 90 Sec I = 180 Sec X = 300 Sec	1 You Did It!	2

#SSPlanksgivingChallenge



Pick your challenge level:

B = Beginner
I = Intermediate
X = Expert



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