

Planksgiving Double Dare Badges



● Harvest Hustle

Perform 20 slow mountain climbers after finishing your plank.



🚲 Hayride Hustle

Add a weighted or resistance element — wear a backpack or hold a plate for half your plank time.



♥ Pumpkin Spice Power

Complete your usual plank time plus 20 plank up/downs (forearm ↔ hand transitions).



♥ Gratitude Grind

Hold a side plank for 30 seconds per side immediately after your main plank.



🦃 Turkey Tuck

After your plank, perform 20 plank knee tucks per side.



🔥 Autumn Burn

Finish with 30 plank shoulder taps per side.



🌿 Core Cornucopia

Do 2 rounds of your standard plank time with 1 minute rest between each round.



🔥 Finale Fire

Complete your longest continuous plank of the month — then do it again for ½ the time.

Earn & Brag

Earn it. Download it. Show it off!