

CareHere!

PLANKDEMIC 2020

CareHere cares about you during the quarantine.

Improve your core strength without leaving your house with CareHere's Plankdemic 2020 Challenge.

A strong core can reduce back pain. Add yoga or stretching to this beginner's challenge to build your core fitness. Always talk to your healthcare provider before starting a new exercise program.



Standard plank. Get into a push-up position with your body in a straight line from head to toes. Place your weight on your forearms and bring your hands together. Squeeze your abdominal and gluteal muscles. Keep your neck and spine long and look at your hands to keep your head aligned. Stop if you feel any pain or modify the movement by placing knees on the mat. Stretch when you are done.



Walking plank. Assume the plank position on the ground with weight on your elbows and forearms with your palms facing down. Lift yourself up one arm at a time and straighten your elbow until you are in the push-up position. Hold for five seconds before lowering your elbows down to the ground one at a time.



Side plank. Lie on your side with legs extended and stacked from hip to feet. The elbow is directly under your shoulder. Ensure your head is directly in line with your spine. Engage your abdominal muscles drawing your naval to your spine. Lift your hips and knees from the mat while exhaling. Your torso is straight in line without bending.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 60 sec left side plank 60 sec right side plank	MAY 2020				1 20 second plank	2 30 second plank
3 3 walking planks	4 35 second plank	5 40 second plank	6 REST	7 20 sec left side plank 20 sec right side plank	8 40 second plank	9 45 second plank
10 5 walking planks	11 45 second plank	12 50 second plank	13 REST	14 35 sec left side plank 35 sec right side plank	15 50 second plank	16 55 second plank
17 8 walking planks	18 60 second plank	19 60 second plank	20 REST	21 50 sec left side plank 50 sec right side plank	22 70 second plank	23 75 second plank
24 10 walking planks	25 80 second plank	26 85 second plank	27 REST	28 60 sec left side plank 60 sec right side plank	29 85 second plank	30 90 second plank