**Personal Best Challenge**

* Place forearms on the floor with elbows aligned with your shoulders
* Arms should be paralleled with the rest of your body
* Hold a plank position for 30sec-3min depending on fitness
* Time yourself each day and record you personal best

Change the difficulty

To make it harder, compete with someone from your home and see who can hold a plank the longest.

To make it easier, place knees on the floor while you plank.