

## Plank Challenge (June 27th - July 9th)

This challenge involves core strength, endurance and a little determination! Between June 27th and July 9th your team will complete the forearm/elbow plank challenge at one of your team training sessions. The challenge will go as follows:

1. The entire group will be in a circle in a forearm/elbow plank with knees lifted and hips level.
2. Your trainer will start the timer and keep track of how long each person holds their plank.
3. Individuals are eliminated when knees touch down, glutes are raised in the air for rest, or chest is on the floor.
4. Points will be awarded per individual based on lasting in plank for the following time intervals:
  - 2 points (1-59 seconds)
  - 3 points (60 seconds or over)
5. Points will also be awarded for the top 5 overall individual times:
  - 1st Place - 5 points
  - 2nd Place - 4 points
  - 3rd Place - 3 points
  - 4th Place - 2 points
  - 5th Place - 1 point
6. Trainers will email the results to Erin at [efrantz@princetonclub.net](mailto:efrantz@princetonclub.net) no later than Saturday, July 9th after classes.