

Beat the PE Teacher 30 Second Challenge Plank



View the linked video content [here](#) to see the challenge.

The Challenge:

How long can you hold the plank position for?

Rest your forearms on the floor and keep your back straight. Tighten your leg, stomach, glute and shoulder muscles. Lift from your hips, keeping your weight central - try to make a straight line with your body.

No equipment needed. You will need a big enough space so that you can do this safely.

Physical fact: Holding a plank works your muscles in your abdominals (core/ tummy area), your shoulders and your back.



Fun fact: The world record for the longest-held plank is an UNBELIEVABLE 8 hours, 15 minutes and 15 seconds!

Score	
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How did you get on with this activity?
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