

Today's challenge is more than just a physical workout—it's a chance to test your mental focus and determination. Holding a plank or Chair Salutations is as much about your mind as it is about your body. It's about staying present, steady, and pushing just a little further than you thought you could.

Instructions:

Choose Your Pose:

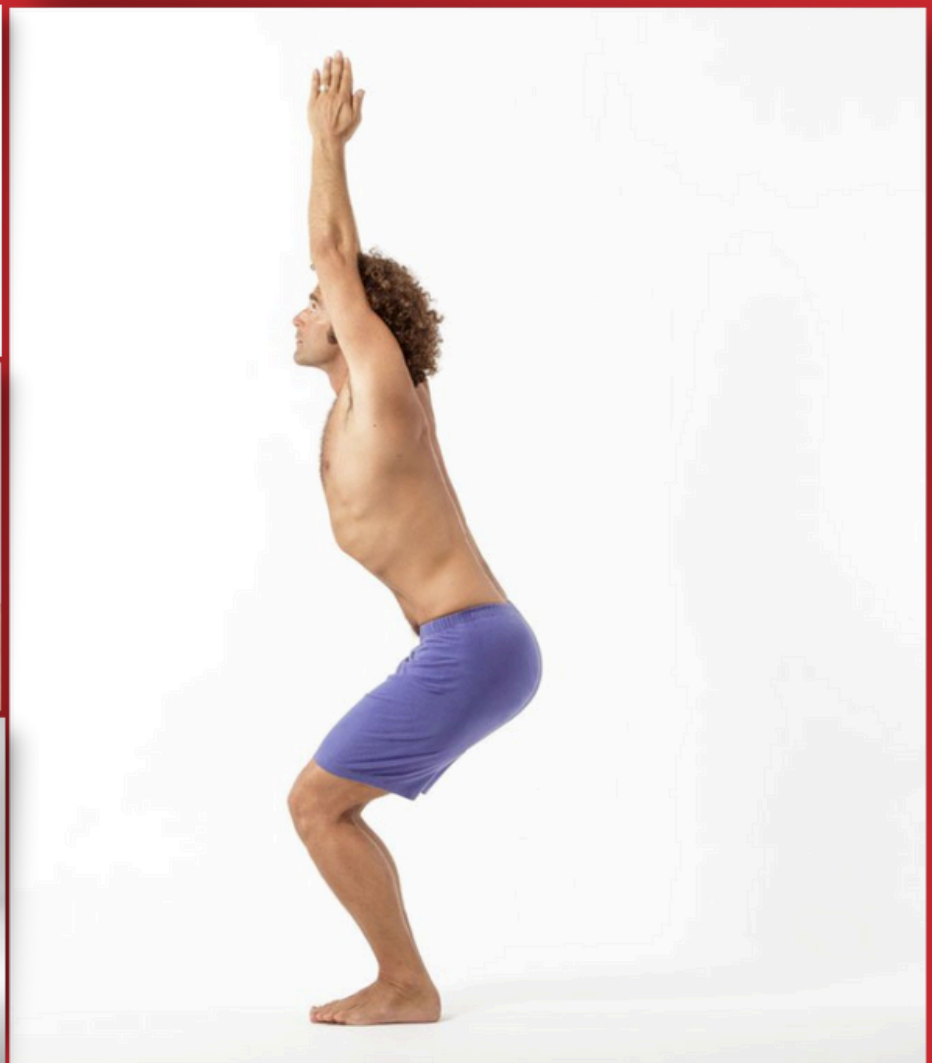
Plank (any variation shown) or Chair Salutations.

Hold for as long as you can. Time yourself and focus on staying strong.

Bonus Challenge:

Submit your hold time using the survey link below for a chance to win a \$10 Chick-fil-A gift card! [CLCIK HERE TO SUBMIT YOUR TIME \(This challenge is open till January 1\)](#).

Tip: As you hold your pose, focus on your breathing and embrace the challenge. Strength and resilience come from moments like these!



30-Day Plank Challenge

Want to take your strength and focus to the next level?

This 30-Day Plank Challenge is here to help you build endurance, stability, and confidence—one day at a time. It's the perfect way to stay consistent and see progress beyond today's challenge. Let's see how far you can go!

DAY 1	20 SECONDS	DAY 16	REST
DAY 2	20 SECONDS	DAY 17	80 SECONDS
DAY 3	30 SECONDS	DAY 18	90 SECONDS
DAY 4	REST	DAY 19	90 SECONDS
DAY 5	30 SECONDS	DAY 20	REST
DAY 6	40 SECONDS	DAY 21	100 SECONDS
DAY 7	40 SECONDS	DAY 22	100 SECONDS
DAY 8	REST	DAY 23	2 MINUTES
DAY 9	50 SECONDS	DAY 24	130 SECONDS
DAY 10	50 SECONDS	DAY 25	REST
DAY 11	1 MINUTE	DAY 26	140 SECONDS
DAY 12	REST	DAY 27	150 SECONDS
DAY 13	70 SECONDS	DAY 28	160 SECONDS
DAY 14	70 SECONDS	DAY 29	REST
DAY 15	80 SECONDS	DAY 30	3 MINUTES