

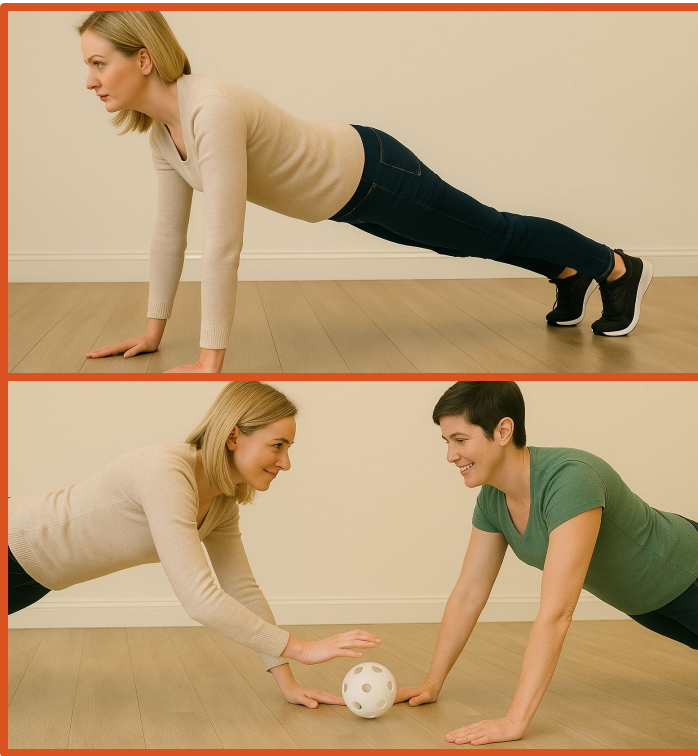


## Partner Plank Challenge

### Materials Needed:

- 1 ball for each partner team (such as a whiffleball, foam ball, etc.)
- Tic-Tac-Toe board for each partner team (you can make one with painters tape on the floor and random objects for Tic-Tac-Toe pieces)

**\*Optional: yoga mats (one for each participant)**



### How to do a plank:

Get on the floor in a push-up position. Keep your body straight and rigid with your head relaxed and looking at the floor. Keep your arms extended straight below your shoulders and be sure not to let your hips droop or bend.

**\*Modification:** From plank position, let your knees bend to the ground to support your body instead of being supported by your toes.

**Choose one or more of the following plank activities or create plank challenges of your own:**

### Plank Ball:

- Each partner gets into a plank position about 5 feet apart, facing each other
- Roll a ball back and forth for as long as you're able to hold the plank position

### Plank Hand Tag:

- Each partner gets into a plank position about 2 feet apart, facing each other
- Try to tap each other's hand, alternating hands, while holding the plank position

### Plank Tic-Tac-Toe:

- Each partner gets into a plank position about 2 feet apart, facing each other, with a Tic-Tac-Toe board between partners
- Play a game of Tic-Tac-Toe while holding the plank position