

# 60 Second Challenge

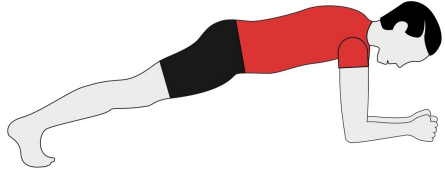
## The Plank

Can you focus and show self belief even though it is hard?

### The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



### #StayHomeStayActive

#### Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

#### Achieve Gold

60 seconds or more



#### Achieve Silver

45 seconds or more



#### Achieve Bronze

30 seconds or more

