

PLANKSGIVING

<p>NOV 6, 2023</p> <p>3 X 10 Tucks 1 X 10 Leg Lifts 3 X 10 Sit-ups 2 X 30 Second hollow hold</p>	<p>NOV 7, 2023</p> <p>3 X 10 Tucks 1 X 10 Leg Lifts 3 X 10 Sit-ups 2 X 30 Second hollow hold</p>	<p>NOV 8, 2023</p> <p>3 X 10 Tucks 1 X 10 Leg Lifts 3 X 10 Sit-ups 2 X 30 Second hollow hold</p>	<p>NOV 9, 2023</p> <p>REST</p>	<p>NOV 10, 2023</p> <p>3 X 10 Russian Twists 3 X 10 Flutter Kicks 2 X 10 Tucks 1 X 45 Second Plank Hold</p>	<p>NOV 11, 2023</p> <p>2 X 10 'X' ups 2 X 10 Sit-ups 2 X 10 crunches 1 X 1:00 Second Plank Hold</p>	<p>NOV 12, 2023</p> <p>REST</p>
<p>NOV 13, 2023</p> <p>3 X 10 Leg Lifts 1 X 10 V ups 2 X 10 Spider Knees 1 X 1:00 Hollow Hold</p>	<p>NOV 14, 2023</p> <p>2 X 10 Leg Lifts 2 X 10 V ups 1 X 10 Sit-ups 1 X 1:00 Hollow Hold</p>	<p>NOV 15, 2023</p> <p>3 X 10 Toe reaches 2 X 10 V ups 3 X 45 Second Plank holds (one on each side: Right, left, forward plank)</p>	<p>NOV 16, 2023</p> <p>1 X 30 Second Flutter kicks 1 X 30 Second Scissor Kick 3 X 10 Sit-ups 1 X 30 Hollow Hold</p>	<p>NOV 17, 2023</p> <p>REST</p>	<p>NOV 18, 2023</p> <p>2 X 10 'X' ups 2 X 15 Toe Reaches 2 X 16 Russian Twists 1 X 20 Leg Lifts 3 X 30 Second Planks (1 on each side: Right, Left, Forward)</p>	<p>NOV 19, 2023</p> <p>4 X 10 single Leg-Leg Lifts (2 of each leg while other leg is off the ground) 1 X 10 V ups 2 X 10 Spider Knees 1 X 1:00 Hollow Hold</p>
<p>NOV 20, 2023</p> <p>2 X 10 Mountain Climbers 2 X 10 V ups 2 X 12 Russian Twists Flutter Kicks Time Challenge (do until fail)</p>	<p>NOV 21, 2023</p> <p>REST</p>	<p>NOV 22, 2023</p> <p>2 x 12 'X' ups 2 X 10 Single Leg Leg Lifts 1 X 20 Sit-ups Plank Time Challenge (hold until fail)</p>	<p>NOV 23, 2023</p> <p>2 X 15 Crunches 2 X 16 Scissor Kicks 1 X 12 V-ups 2 X 16 Flutter Kicks</p>	<p>NOV 24, 2023</p> <p>2 X 10 Bicycle Kicks 2 X 10 Russian Twists 2 x 20 Mountain Climbers 1 X 1:00 Hollow Hold</p>	<p>NOV 25, 2023</p> <p>1 X 15 Leg Lifts 2 X 10 Leg Circles (one direction; then the opposite) 1 X 15 V-ups 2 X 45 Sec Plank Holds (Right; Left; Forward)</p>	<p>NOV 26, 2023</p> <p>REST</p>
<p>NOV 27, 2023</p> <p>50 Sit-ups 50 Toe Reaches 2 X 20 V-ups 2 X 10 Spider Knees Hollow Hold Time Challenge (until fail)</p>	<p>NOV 28, 2023</p> <p>2 X 25 Mountain Climbers 2 X 25 Twisting Mountain Climbers 2 X 1:00 Plank Holds (Right;Left; Forward)</p>	<p>NOV 29, 2023</p> <p>2 X 25 Crunches 1 Minute Plank with Lateral Toe Taps (Hold a plank and alternate each foot out and back in) 1:30 Hollow Hold</p>	<p>NOV 30, 2023</p> <p>2 X 20 Leg Lifts 2 X 10 Single Leg Leg Lifts 2 X 20 Tucks 2 X 20 Russian Twists 1:30 Forward Plank</p>	<p>DEC 1, 2023</p> <p>REST</p>		