



Plank it Over

This activity requires a small amount of floor space, three containers, an item to fit in the containers and an item to keep track of time, like a clock, cell phone or stopwatch.

This game is a simple timed challenge. Arrange your three containers in a line next to one another and place your object in the container farthest to the right. (If you want to make this game more challenging, your item can be something slightly heavier, like a can of soup or a book that fits easily in your hand.)

The goal of this game is to get the object from the farthest right container to the farthest left container, and back again as many times as possible in a minute. For each time you do this, you will earn one point.

You can only move the object when you are in a plank position, and you must do 3 squats in between each point you earn.

You will start by doing 3 squats, then get down into a plank and in that plank, lift one arm to pass the object into the container in the middle, and then switch arms to pass it into the container on the left. Repeat this process to get it back to the beginning.

Stand up to do your 3 squats then repeat.

Continue this until your minute is up and see how many points you got.

Play a few more times and try to get faster each time, earning more points.