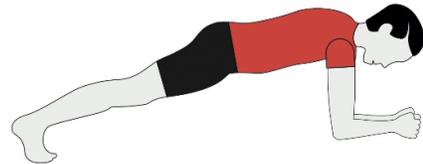


Can you hold the 'plank' position 60 seconds?



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



No equipment is required.
Use a clear, open and safe space.

If you're finding it too hard after 30 seconds, take a 5 second break and start again after your rest.

Can you challenge a partner to plank for as long as possible? What time did you achieve?

Achieve Gold
60 seconds or more



Achieve Silver
45 seconds or more



Achieve Bronze
30 seconds or more



Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.