



Plank Challenge

To win, you will need to stay in the plank position longer than anyone else!

How do I plank?

- 1 Start on your elbows and knees, lock your hands together.
- 2 Straighten your legs, then raise your body so that you're supported by the balls of your feet, with feet hip-distance apart.
- 3 Face the floor, but don't arch your back or stick your bottom in the air.

What will you win?

The respect of your colleagues!

Our Plank Challenge finishes on
and is per entry*

*Suggested donation. You can enter as many times as you like.



Plank Challenge Scoreboard

Enter as many times as you like!

Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5

For more help with your Plank Challenge, please call **0300 111 5555**
or email [**fundraising@alzheimersresearchuk.org**](mailto:fundraising@alzheimersresearchuk.org)

